

Oppland SEXUAL HYGIENE

COMPILED FROM BOOKS, ARTICLES AND DOCUMENTS,
MANY NOT HERETOFORE
PUBLISHED.

BY

THE EDITORIAL STAFF OF THE
ALKALOIDAL CLINIC.

CHICAGO
THE CLINIC PUBLISHING CO.
1902

COPYRIGHTED BY
THE CLINIC PUBLISHING CO.
1901.

THE CLINIC PUBLISHING CO.
JOURNAL OF THE CLINIC

H Q 58
A 41
1902

CONTENTS.

	PAGE
Preface	7
Preliminary Considerations	9
The Physicians' Club	16
Religion and Love	28
Sexual Frauds	38
Sexual Excess	44
The Effect of Coitus During Pregnancy and Lactation	51
Sex Problems in Education	65
Legal Aspects	69
Educational Aspects	72
Editorial Resume	82
Woman Sexually	96
Imperfect Development of the Female Sex- ual Organs	110
Affections of the Male Sexual Organs Caus- ing Impotence	118

52408

CONTENTS—Continued.

	PAGE
Continence	129
Masturbation	139
Incomplete or Delayed Intercourse.....	143
Frequency of Intercourse.....	154
Prevention of Conception.....	184
Married Courtship	191
Posture	202
Artificial Fecundation	217
Management of Pregnancy	221
Diet to Influence Labor.....	228
Maternal Impressions	231
Determination of Sex	244
Restriction of Marriage.....	255
Sexuality Must Not Dominate.....	263
Zola's Last Novel, "Fecondite".....	270

PREFACE.

This book is written for doctors, and for no one else. It is written in order to supply to them the knowledge they must have to enable them to properly treat their patients. For this reason it takes up the consideration of the most delicate relations that can exist between human beings, the most essential problems that influence the well-being, nay, the perpetuity of the human race. Far is it from our desire to lift the veil that covers the most sacred function of humanity, to strip away the curtain and profane with the light of publicity the holy mysteries of the marriage bed. But behind this veil things occur that should not; not every man is endowed by instinct with the qualifications of a priest at the shrine of Hymen, and ignorance accomplishes its destructive work here as elsewhere. Many marriages are consummated satisfactorily, and with these we have nothing to do. But many others are not accomplished physiologically but pathologically; and in such cases who is the helper if not the physician? Disease of many kinds, of the brain, the genito-urinary apparatus, the heart, ending in permanent invalidism, insanity or death; family disagreements resulting in hatred, self-abuse, adultery, divorce, suicide or murder, are the ghastly results of these pathologic conditions. Surely, there is

PREFACE.

excuse, reason, Duty, for the intervention of the physician!

But how can he intervene intelligently unless he knows how?

Outside the medical profession it is taken for granted that the doctor knows all about these things. But within our own ranks we are aware that this is not true. The text-books omit this department. Books there are in plenty, purporting to treat of them, but they have a singular faculty of beating around the bush, hinting at things, telling of the need and then leaving the reader to himself as regards the remedy. The writer has examined many such works, and knows of not one that treats of the matter plainly and sensibly, yet scientifically, as a teacher would discuss typhoid fever or diphtheria.

This is our reason for preparing the book. In it the reader will find not one word of levity, of sensuality; but a plain statement of facts in relation to a disease, its causes, symptoms, results and treatment.

CHAPTER I.

PRELIMINARY CONSIDERATIONS.

The following editorial appeared in the *Alkaloidal Clinic* under the heading:

IS IT WRONG?

“Very many physicians have testified to the interest they feel in the series of papers on Sexual Hygiene now running in the CLINIC. No subject has ever been discussed in these pages that has attracted as much attention. On the other hand we have received a few letters objecting to the series on the ground that they are indelicate; and, as one valued correspondent says: ‘With decent people sexual matters will regulate themselves without any help from the doctors.’ Let us see if this is the case.

“Our personal experience as a practitioner of medicine extends over more than a quarter of a century. The secrets of hundreds of families have been placed in our keeping. The causes un-

derlying hundreds of cases of serious family disagreements, estrangement of husband and wife, divorce, inebriety, drug-habits, adultery, desertion, suicide and madness, have been known to us, and often to us alone. And we say emphatically that in the vast majority of these cases sexual incompatibility has been the essential difficulty. Do these things regulate themselves? Yes, but in a manner contrary to the laws of God and of man; in a way that society winks at, closes its eyes upon unless it is compelled to see, when it damns perpetrators of open wrong, and goes on winking at their more fortunate fellow-sinners who are not found out.

“Are the things that lead to the results above named not of import to the physician? To whom are these unfortunates to go for advice upon physiologic topics if not to him? To the clergy? What do they know of such matters! Some of the worst cases we have met were in clergymen’s families. And if it be the duty of the physician to give advice it is still more his duty to qualify himself to give good advice.

“But how is he to do it? The physiologic textbooks are dumb on this topic. The earlier works on the reproductive organs were so deeply tinged with the ‘lost manhood’ idea, and so strictly regulated by theologic limitations that they are useless, antiquated, mistaken in premises, and hence erring in practical applications. Advance is not possible save through free discussion.

"Like our correspondent, we don't relish it. Personally, it is the last subject we would choose as a topic of conversation. We would reverently draw a veil over Father Noah, and hide from sight the mysteries of the creative function and the secrets of the marriage bed. But the question is not of our preference, but of our duty. We do not like to investigate the rectum; we haven't found colotomy for obstruction an entrancing experience; we would rather do other things than attend cases of smallpox, syphilis, nasal diphtheria, etc. But long ago we learned that if a man expected to go through this world picking out only the nice, pleasant, agreeable things, he made a sad mistake in entering the medical profession. And so we accept the sexual problem as we do other unpleasant phases of our work; a thing to be dealt with honestly, thoroughly, and in as cleanly a manner as possible.

"And this leads us to our final statement: In all the correspondence elicited by this publication there has been exhibited the most earnest desire to learn the truth of the matter, but there has not been a single obscene letter, not even a vulgar one, transmitted to the editorial department of the CLINIC."

Dr. M. F. Fletcher, of Springfield, Mo., writes:

"The happiness of the world is the sum total of the happiness of the homes of the world. And the basis, the substratum, foundation of this happiness in adult life is closely connected with the

marital relation—the sexual function. Whether this be complimentary to man and to man's Creator I need not stop to discuss. Some would-be teachers and leaders, and many defective, abnormal women hold the opposite and insist that the sexual life is only an incident, a sort of addendum; whereas it is the axletree around which these other features revolve.

“The human is endowed with two appetites, one for his own preservation and the perpetuation of his own life, the other to insure the continuance of the race. These instincts are deeply implanted so there may be no chance for their failure. Man must so crave food as to impel him to take food in order to keep life in his body. He must likewise so crave sexual food as to keep alive the human race. If these instincts, these appetites, were less impelling, the race, actuated by motives of convenience, laziness for instance, might frustrate the plans of the Creator and end all human life on our globe. But not so. These instincts are so much the basic elements of our nature that we may always be counted on along these lines.

“Thus far man and the lower orders stand together. But just here the differentiation of the human race begins. In the lower animal the sexual appetite is a matter of utility merely, and stops with the practical. Procreation is its object and end. The gratification of the passion, usually resulting in conception, is its destruction, its temporary death.

“In the human, aptitude, capacity and passion are not so modified. The sexual desire is not abated and its gratification as a privilege, a right and a duty follows. Man is more than an animal. This holds everywhere. The physical world has more of good for him than for the lower orders. Sexually his functions, aptitudes, passions, rights, and duties go far beyond those of the animal. And why? Because of the human and not of the animal it is said: ‘The solitary He setteth in families.’ Not only ‘He setteth,’ but *they stayeth* if everything be normal.

“Did you ever stop to think about it? This mating of a young couple? They perhaps don’t know enough about each other to justify a twelve months’ partnership in ordinary business. The main effort of their courtship most likely has been to conceal rather than to reveal character. They may not be alike in taste, nor ideas, nor raising, nor temperament. They know little or nothing of patience and forbearance. And yet these two are joined together in a relation so close and intimate that the blended lines of the twain henceforth become one. For this cause they leave father and mother and cleave to each other. Every endearing tie, if need be, is severed, and friendships and loves of the past are blotted out. Together till death them do part. And this through the strain and stress incident to a life of the closest intimacy. As though Fate had taken two

lumps of humanity from diverse places and flung them together to cohere through all of life.

"And they do cohere, if things are normal. Some then begin to develop a similar liking for food, and books, and music, and pictures, and things in general. Ideas and opinions blend more and more. And this goes on as the two dissimilar beings grow more and more into one, till at last in old age the same sound of voice and favor in appearance is marked by all.

"And this a miracle? Whence the force of its creation? What the attraction which has had power to neutralize a thousand other attractions?

"I reply, it is the power of sexual relation. Superimposed on this may be other factors I grant, but the basis is here. And just in proportion as these other factors have a basis in normal, mutual sexual intercourse is the ideal life pictured above ever realized.

"But alas! how often is the normal, mutual element lacking. Let the records of Divorce Courts in the hundreds of cases and the unwritten record of heartaches and jealousies and dissensions, and blighted lives, in the *hundreds of thousands* of unknown cases bring answer.

"What can the medical profession do in the premises? Well, after so long a time the ice is broken. The Editor, with one or two others, has lifted this subject to a plane where it is allowable to discuss it. Some light we now have. Let there be 'more light.' Let us as High Priests en-

ter within the holy of holies of this subject—this deep theme, so that as we return to our people our very faces may shine with intelligence, purified and ennobled till we can go to all alike, men and women, old and young, and educate, and teach, and lead, till the dense ignorance that now rests on the race shall be dissipated by a knowledge of that truth which above all other truth has to do with this earthly life. The old command to those who ministered in the Jewish temple: ‘Be ye clean that bear the vessels of the Lord,’ may well be paraphrased in this connection, for only as we study this subject with clean minds and for lofty ends will the world accept our teaching and our ministry.”

CHAPTER II.

THE PHYSICIANS' CLUB.

On the 28th of November, 1898, a meeting of the Physicians' Club was held at Kinsley's, Dr. John Milton Dodson in the chair. It had been announced that the evening would be devoted to the consideration of Sexual Hygiene, and this, with the noted names of the speakers, brought out the largest attendance in the history of the club.

The Physicians Club of Chicago was formed by the union of the Doctors' Club and the Practitioners' Society, and numbers in its membership many of the most distinguished ornaments of the Chicago medical profession. The high standing of the Club gave assurance that the topics announced would be treated scientifically, and the unprecedented attendance showed how anxious the profession is for information on these delicate subjects, when there is a reasonable assurance that they will be properly presented. The result fully vindicated the action of the managers.

The papers were published in the CLINIC, and elicited a vast amount of discussion. Some of this was published in the columns of the journal, but much seemed unsuitable for the pages of a periodical, though of interest and importance to

physicians. It was therefore determined to republish the proceedings of the meeting, and to condense from the correspondence what was available for further elucidating these recondite subjects.

DR. CHARLES S. BACON addressed the club on:

THE EFFECTS OF MALFORMATION AND DERANGEMENTS IN THE GENITAL ORGANS OF WOMAN
ON HER SEXUAL APPETITE.

By the sexual appetite or instinct we understand not only the desire for sexual congress, but also in its normal development a longing to fondle and to be fondled by the attractive individual of the opposite sex, a longing which may be satisfied by the mere presence of the person or picture or other reminder of its object. This desire for what we might call in the terminology of zoologists courtship, may exist when there is no conscious wish for sexual congress, or even in cases when cohabitation is impossible, *e. g.*, in cases of vaginismus, or in the absence of vagina. It is no doubt true that women are much more frequently satisfied with courtship than men, and it is often the case that they prefer it to sexual intercourse.

Under abnormal conditions the sexual appetite demands an unnatural gratification, such as is furnished by the practice of masturbation and by the well-known, if more rare, practices designated

as homo-sexuality, fetishism, sadism, masochism, etc. In the discussion to-night, however, we have especially in mind the limited use of the terms by which it is synonymous with *libido sexualis*.

Sexual appetite is a physical phenomenon depending upon stimulation of certain brain centers by various factors. Its manifestation may be due to changes in the cerebral circulation, generally of a congestive nature, to abnormal substances in the blood-circulation in the brain, to memory images, or those called up by the senses of sight, hearing, smell, etc., or to irritating impulses sent from the genital organs. Sexual appetite, a psychic condition, is to be distinguished from the phenomenon of erection, which is of purely reflex nature. The non-genital factors are very important. A great factor in increasing sexual appetite is environment, which includes not only occupation, climate, etc., but also the association with lewd company or the use of lascivious pictures and literature. Environment may also exert a restraining influence and inhibit the development of normal as well as abnormal sexual appetite. These factors, however, will not be considered. Our attention will be confined to the effect on sexual appetite of stimulation proceeding from the genital organs.

The sexual appetite may be increased, decreased, or perverted. The increase includes all degrees from the normal to extreme nymphomania. The decrease includes the stages from

normal to absence. Perversion includes homosexuality, fetishism, sadism, and the desire for masturbation.

The difficulties in the way of finding reliable data for scientific conclusions, especially concerning the decrease of the normal sexual appetite, are great and not easily overcome. *First*, the subject is a delicate one; and *secondly*, patients are often unable to furnish accurate statements. Cases of increased or perverted sexual appetite are more easily observed, and data more easily obtained. In general, however, we must say that our knowledge is limited to the most obvious facts.

A priori, from the structure of the parts, we should expect that any abnormality of the genital organs either inherited or acquired would cause a change in the normal sexual instinct. The most noticeable anatomical facts are:

1. The abundance of delicate sensory nerve-endings in the region of the clitoris and bulb, including the end-bulbs and Pacinian and Meissner corpuscles.

2. The abundance of erectile tissue, not only in the clitoris and bulb, but also in the cervix.

3. The free distribution of the sympathetic nerves.

4. These facts imply an intimate reaction between sensory organs and the vascular system controlled by the sympathetic nerves. If the vessels are first dilated by changes in the brain-cen-

ters, sensitiveness of the peripheral sensory organs will result from the increased vascularity. If the centripetal nerves are first stimulated, increased vascularity will occur, which will still further increase the sensitiveness of the sensation-bearing nerves. Hence it would seem very probable that changes in the structure of the genital organs resulting in changes in the vascular or nervous mechanism would cause disturbances in the sexual appetite, a conclusion amply confirmed by clinical facts.

Before speaking more in detail of the effect of malformation and derangements, it would be desirable to consider the normal condition of the sexual appetite in the different periods of life, i. e., before puberty, between the beginning of puberty and the menopause, and after the menopause, and also during menstruation and pregnancy. I can give only very brief generalizations.

Before puberty there is no true sexual appetite. It is a fact that the girl shows certain traits or instincts which differ from those of the boy, but as they do not indicate a special desire even for courtship by the other sex, these instincts can hardly be designated sexual appetite. It should be remembered, however, that the period of puberty does not come on suddenly and is not ushered in by the beginning of menstruation. It begins with the commencement of the growth of the genital organs and breast, and precedes by

months or sometimes years the first menstruation. The sexual appetite begins also gradually and synchronously with the beginning of the pubertal changes.

After the menopause it is probable that in the majority of cases the sexual appetite continues for a few years and gradually disappears. It is often stronger for some time than during the menstrual life period, perhaps because of the cessation of the disturbances growing out of painful menstruation. During the menstrual life period the sexual appetite undoubtedly varies in intensity in the same individual, and the variations are cyclic. Yet it by no means follows that these cyclic changes are coincident with or produced by menstruation. The similarity between the phenomena of rutting and menstruation is no longer generally believed in. Menstruation and ovulation are frequently not synchronous. It sometimes happens that there are normally two or more cycles of sexual excitement in one lunaria, like what sometimes occurs in the continent male when similar cycles manifested by two or more nocturnal emissions occur in the same period. On the other hand, the period of sexual excitability may come around only once in two or three months, although the menstruation may be regular every twenty-eight days. There seem to be no data founded upon observation for thinking that the cycles of sexual excitement coincide with those of menstruation. From clinical experience

it can only be said that *libido sexualis* varies in different individuals during menstruation. While in some cases it is increased perhaps because of the increased pelvic congestion, or from irritation of the sensory nerves by the menstrual discharge, in the majority of cases it is not only not increased to correspond to the height of the libidinous cycle, but it is diminished because of the pain or feeling of unpleasant pressure which exists at this time, and which has given origin to the designation of *molima*, or time of being unwell. During pregnancy the libidinous cycles may continue even into the later months, and I think it is not very uncommon that the sexual desire is as strong as during the non-pregnant condition.

Let us now proceed to consider more in detail our subject and take up first the effect on the sexual appetite of malformation of the genital organs. The malformations may be due to lack of development, hypoplasia, or excessive development or hyperplasia. In cases of retarded development it is seldom that one organ alone is concerned. A rudimentary uterus is usually associated with rudimentary tubes and ovaries. Beginning with the ovaries it is very rare that we find an entire absence of these organs, and if this condition has ever occurred, I do not know that any facts were obtained concerning the condition of the sexual appetite. Hypoplasia of the ovaries is not so uncommon. It may be associated with

scanty or total lack of menstruation. In two or three cases of this kind there was no apparent diminution in the sexual appetite. Entire absence of uterus and tubes is also perhaps never met with. Cases of disturbed development of these organs, such as cases of uterus bipartus, bicornis, fetalis, etc., are associated with hypoplasia of the vascular system. Yet so far as I have been able to learn, there is no marked decrease in the sexual appetite. In one case of my own, where there was also absence of the vagina, this was true. The frequent cases where the urethra is used for copulation in the absence of a vagina seem also to denote the presence of the sexual libido.

While a rudimentary condition of the internal genital organs is not therefore associated with absence of sexual appetite, contrary to what might be expected, yet the case seems to be different when the external genitals are concerned, to say nothing of the mons veneris, which is one of the most notable signs of puberty, and which may be rudimentary in cases where the sexuality is little developed. The condition of the clitoris and its prepuce may be more particularly considered, because these parts have been the subject of more study. The only abnormality that I will mention here is the condition called adhesion of the prepuce or hooded clitoris. As is well known, the labia minora divide into two folds, the lower of which is attached to the V-shaped de-

pression in the under surface of the clitoris forming the frenulum. The upper folds unite to form the prepuce. When the free edges of the upper and lower folds are in contact and adhere, the clitoris is completely covered, and here Morris has found that the under surface of the prepuce and its contiguous underlying surface are often denuded of epithelium in patches of greater or less extent. The result may be that the prepuce and clitoris cannot grow and the delicate sensory nerve end organs probably remain morphologically and functionally rudimentary. The *a priori* probability that a state of anerotism would be associated with this abnormality, Bernardy and others claim to have proved a fact by operating on women who before had little sexual desire and never an orgasm, while they afterwards had much increased sexual appetite and found that intercourse terminated normally.

Morris claims that while in very few negresses the prepuce is adherent, this condition is found in about eighty per cent of women of the Caucasian race. Although slight adhesions are no doubt unimportant, there can be no question, I think, that complete incarceration of the clitoris by a rudimentary adherent prepuce may cause a decided retardation in the development of the sexual instinct.

Another effect of adhesion of the prepuce is the irritation caused by the retained smegma secretion. Sometimes quite large masses may be found.

These lead to irritation which may be the first occasion for the formation of the practice of masturbation. As is well known, this practice often begins in young girls, even in those only one or two years old. Numerous cases have been reported where this habit was cured by releasing the adhesions and removing the irritating masses.

Nothing is known about the effects of the increased development of the internal genitals on the sexual appetite. It is very probable that a hyperplasia of the clitoris, bulb, labia and mons are associated with increase of the *libido sexualis*.

In considering the acquired derangements of the sexual organs we may first consider the effect of removing the ovaries. The removal of an ovary, or the partial removal of both, has, so far as I know, no effect. The complete removal of both ovaries brings on an artificial menopause, and this may after some time bring on a gradual loss of the sexual desire. But the removed ovaries may have been so diseased and painful that all sexual desire was destroyed, and the relief from pain after the operation may cause a great increase in sexual desire. Removal of the diseased uterus or tubes with retention of normal ovaries does not generally, I think, destroy the sexual appetite, but may increase it. Removal of the clitoris for tumor or for any other cause does not always destroy sexual appetite, for the sensory pudic nerve, the chief sensory nerve, is also distributed to the bulb and vulva, yet it no doubt has

some effect in lessening sexual desire and interfering with the normal completion of the sexual act.

The most important derangements of the genital organs are those which result from infection, and the chief infection is the gonorrheal. The acute stage of this infection in the woman, if confined to the external genitals and the cervix, is usually short, and may be but little noticed. The soreness about the vulva, with its attendant feeling of discomfort, may cause a temporary aversion for the other sex. Chronic gonorrhea is characterized by two features, congestion and discharge. If the discharge is not too caustic, so as to cause erosion, it may lead to a constant stimulation to the vulvar and clitoridal nerves and be one of the causes of pruritus. This often leads to masturbation, and in some cases even to nymphomania. Chronic gonorrhea of the tubes with pyosalpinx is generally combined with local peritonitis and is more or less painful, so that the sexual appetite is often destroyed or inhibited. Other forms of infection are like gonorrheal infection in their effects. If they result in conditions like abscess or exudate that cause much pain, they decrease the sexual appetite, but if they cause a mild superficial and local stimulation they may lead to an increased or perverted sexual appetite. The same may be said of other derangements like kraurosis vulvæ, pruritus, new growths, etc. In general, we may sum up by saying that abnor-

malities, either congenital or acquired, which lead to increased vascularity, not too great and not too painful, increase sexual appetite or cause perverted manifestations, but if they cause pain, they may destroy or inhibit it. Congenital or acquired abnormalities, which cause permanent cessation of menstruation, generally in time decrease sexual appetite.

CHAPTER III.

THE PHYSICIANS' CLUB—CONTINUED.

The second paper upon the program, by Geo. F. Butler, was entitled:

SEXUAL DESIRE AS INFLUENCED BY RELIGIOUS AND OTHER EMOTIONS.

"The animating impulse," quoting from Clifford Howard, "of all organic life is the sexual instinct. It is that which underlies the struggle for existence in the animal world, and is the source of all human endeavor and emotion. That affinity which draws the two sexes together for the purpose of uniting in the production of a new being—that overmastering unanswered impulse—is the most powerful factor in all that pertains to the human race, and has ever been the cause and subject of man's most exalted thought.

"There is an intimate and unavoidable relationship existing between the mind and the sexual instinct, and were men deprived of this instinct, all ambition, endeavor and affection, all poetry, art and religion—in short, all the emotions and achievements inspired by what we term love would cease, and the world would become cold and passionless, destitute of sentiment or aspira-

tion, devoid of any incentive to progress or energy; while the intricate and reciprocal machinery of human society, robbed of its motive force, would come to a stop and crumble away in hopeless disorganization."

It is universally admitted that love is the animating spirit of the world; and what is love but a manifestation of the sexual instinct?

Marion Crawford wisely observes: "There can be passion without love—there can be no love without passion." So intimately associated are the sweetest and noblest and the most carnal emotions of the human mind.

Hawthorne, in an unpublished note, compared purity to an onion. We strip off the outer husk, then layer after layer, thinking to get the real substance, until, behold, the substance is gone! The subtlety of the metaphor is characteristic of the author's spiritual perception. The dividing line between chaste and holy love and animal lust seems to be clearly drawn; yet the demarkation is so readily modified by complications arising from heredity, temperament and desire, as to be often evanescent.

"When the sex passion becomes divorced from the expression of true love, and is used as an end in itself—the mere production of pleasure—then the highest capacity for love seems to fade away. The person who cultivates passion as an end loses the capacity for love in all its higher forms. While passion is an element of love, the

abuse of passion dries up the sources of love. It is in the family that love is to be developed. The family is love's kindergarten. The world is love's school. Sexual impurity blasts capacity for love."

"Unto the pure all things are pure." Surely in the range of poetry there are no chaster emotions portrayed than in the immortal verses of the poet Shelley. Yet in "The Revolt of Islam" may be found a literal transcript of the most exquisite sensations accompanying the human orgasm. It is simply impossible for a pure mind to peruse these eloquent stanzas without sentiments of unaffected reverence.

Contrast with this exalted expression of divine love the meretricious, lustful character of Gautier's "Mlle. de Maupin:" the refinement of sensuality, rendered more subtly debasing by the entrancing charm and mastery of the author's style. Indeed, it is to French modern literature that we must look for what is most seductive and dangerous in its motive and treatment in the art of romance. Still Michelet's exhaustive volume, "Love," certainly represents the most exalted feelings, and must rank with the highest essays upon "the divine passion."

In Shakespeare we find love and lust equally portrayed. Contrast the pure emotions of Imogen, of Jessica, or Juliet, with the rollicking sensuality of Jack Falstaff. The sonnets are replete with the very essence of true love, yet, like many

Greek poems, they were probably addressed to a youth, not a maiden, notwithstanding certain verses in the 127th and 128th. The spirit throughout is that of the loftiest affection—the fairest flower of Shakespeare's genius—and is equalled only in the sonnets of Michael Angelo and "The New Life" of Dante—the most ethereal of all love poems.

Prudery might be defined as the affectation of innocence, consequently implying guilt; and a young person of either sex who can behold the divine, chaste loveliness of the Venus of Milo, the Venus of Thorwaldsen, or the Adoring Genius, without being thrilled by the noblest sense of the beautiful alone had better never been born. Emerson said:

"The sinful painter drapes his goddess warm,
Because she still is naked, being dressed,
The godlike sculptor will not so deform
Beauty, which limbs and flesh enough invest."

There is no more searching criterion of love and lust than a visit to a museum like our splendid Art Institute. Yet few would recognize in the famous Io of Guido one of the most exquisitely voluptuous paintings ever conceived. The picture adorns the chastest drawing-rooms and is usually regarded as emblematic of all that is sweetest and purest in art, the circle including only the face and shoulders of the goddess with the dusky form of Jove in the background. It is

taken for love ; yet the full painting shows that it represents only the climax of coitus.

What shall we say of the thoughts of this same Guido, who left to art the most spiritual Christ and the most pathetically beautiful Mater Dolorosa? Was the religious sentiment the normal one, or was it not in intimate correlation with a refinement of sensuality? The divine Raphael gave to the religious world its sublimest masterpiece of art, the Dresden Madonna, and Titian produced one of the noblest conceptions of Christ ; the mistresses of both these masters are familiar through portraits. Kaulbach illustrated the sweetest, chastest of German poems ; yet he prostituted his genius by one of the most lecherous fancies that ever polluted canvas. In a Cleopatra, a Messalina, we perceive the depths of degradation to which lust can descend ; yet Pericles, the young Augustus of his age, who brought the highest glory to the Athenian world of art and letters, took for a paramour the enchanting Aspasia. The Egyptian courtesan has been glowingly celebrated by an essentially chaste mind—that of Shakespeare ; while the Athenian lovers received their apotheosis through the genius of Walter Savage Landor, one of the rarest spirits of the century.

Every poet, every artist, every sculptor, every composer—all who are gifted with power of most truly expressing the loftiest emotions and feelings

of mankind, have found their inspiration in the inexhaustible theme of love.

“In our idealization of love it soars beyond the bounds of earthly limitations, and we hesitate not to ascribe to it a divine character, and to embrace it in the highest and most sacred sphere of man’s intellectual domain—religion. Nay, do we not raise it to the loftiest point capable of attainment when we reverently exclaim, ‘God is love,’ bow down and worship it as the divine essence, the supreme power.”

In I. John 4:7 we read: “Beloved, let us love one another; for love is of God, and every one that loveth is begotten of God, and knoweth God. He that loveth not knoweth not God, for God is love.”

Krafft-Ebing calls attention to the relationship between religious and sexual feeling in psychopathological states. “All through the history of insanity the student has occasion to observe this close alliance of sexual and religious ideas; an alliance which may be partly accounted for because of the prominence which sexual themes have in most creeds, as illustrated in ancient times by the phallus worship of the Egyptians, the ceremonies of Friga cultus of the Saxons, the frequent and detailed reference to sexual topics in the Koran and several other books of the kind, and which is further illustrated in the performances, which, to come down to a modern period, characterize the religious revival and camp-meeting.”

Not only is this alliance shown in diseased states, but it is also in evidence in normal healthy conditions. Weir says in his monograph on "Religion and Lust" that "at the dawn of sexual life the youth's mind, filled as it is with indefinite longings and desires, eagerly seizes upon religion to satisfy its yearnings."

What is the organic relation in the individual between sex and religion? "At puberty and immediately following it is the time of crisis in the moral nature. The great bulk of those who are to become criminals become so during the later adolescent period. For every person who becomes a Christian before twelve, or during all the years after twenty, three and one-half become Christians between twelve and twenty." More people fall in love at this period. A great burst of life and pulse of growth comes to an individual at puberty. Why? Because at this time the sexual nature is opening and ripening.

Weir says that "men, owing to their greater freedom, soon learn the difference of the sexes and the delights of sexual congress: women, hedged in by conventionalities and deterred by their innate passivity, remain, for the most part, in ignorance of sexual knowledge until their marriage." For this reason, it happens that very many more women than men experience religious emotion.

Ungratified, or rather unsatisfied, sensuality very frequently gives rise to great religio-sexual

enthusiasm. Voltaire cynically, though thoughtfully, observes that "when woman is no longer pleasing to man, she turns to God."

Francis Parkman, in "The Jesuits of North America," speaks of a nun who went to prayer, "agitated and tremulous, as if to a meeting with an earthly lover." "Oh, my love!" she exclaimed, "when shall I embrace you? Have you no pity on the torments that I suffer? Alas! alas! my Love, my Beauty, my Life! Instead of healing my pain, you take pleasure in it. Come, let me embrace you and die in your sacred arms."

Sex is the root of passion. Out of passion true love grows; that love which in its wider and wider extent eventually embraces the whole race—the love of God. Love is both the foundation and the pinnacle of religion, the law of life, the harmony of heaven, the breath of which the universe was born, the divine essence increate of the ever-living God.

It is the glory of the Christian faith that it is a religion founded upon love. Other beliefs have held captive the *intellect*, but it was reserved for Christianity to touch the *heart* of man. Even the refining influences of Greek thought as revealed in the marvelous literature in which it found expression, seemed to the cultivated Athenian quite compatible with a system of polytheism in which gods and goddesses were engaged in perpetual amours, to the glory of high Jove himself, and apparently to the high satisfaction of his wor-

shippers. Even the noble teachings of Socrates and Plato failed to reprove these royal sinners. Later, in Italy, as shown by the mural paintings at Pompeii, the offspring of Greek sensuousness degenerated into the most unbridled sensuality. Coeval with the sublime philosophy of the emperor Marcus Aurelius existed a condition of debauchery which was hastening the subversion of the proud Roman empire. With the advent of Christianity a nobler faith and purer morals were gradually diffused among the minds of men, until to-day the world has reached its fairest ideal of pure, stainless love. How shall we compare, for instance, Sappho's erotic "Hymn to Venus," Ovid's "Metamorphoses," or the pages of Boccaccio's "Decameron," with the impassioned feeling expressed in this single modern lyric, from Barry Cornwall's posthumous poems:

"THE RATIONALE OF LOVE."

MOTHER.

"Love not, O daughter of the golden hair,
In man abides nor aught of true or fair
To meet thy truth, to claim thy love and care."

DAUGHTER.

"I love, O mother, like the morning sun;
Love through my happy thoughts doth leap and
run—
I love, O mother, even as thou hast done."

MOTHER.

“Stern, selfish, coarse, inconstant, nursed in
strife—

His friend a martyr, and his slave a wife.”

DAUGHTER.

“I love, O mother. In the haunted air
I hear his voice, I see him brave and fair—
I hear, I see, I love him everywhere.”

CHAPTER IV.

THE PHYSICIANS' CLUB—CONTINUED.

THE CHAIRMAN: It seems to me that the wording of the next topic on the program is somewhat unfortunate. I do not know, however, but what Dr. Martin would have enlightened us in regard to this matter if he had been here. Unfortunately he is not able to be with us this evening. I will read you a letter which explains his absence. (Read letter.)

Since we have sat at the table I have asked one of our members, who has on previous occasions spoken upon another phase of this subject with great force and from a wide knowledge, to take the place of Dr. Martin, and he has kindly consented, on short notice, to say something on this subject:

“THE SEXUAL ACT; FRAUDS IN THE CONJUGAL EMBRACE.”

Gentlemen, I present to you Dr. Joseph Zeisler.

DR. JOSEPH ZEISLER: Ladies and Gentlemen—The introduction of Dr. Dodson will be a sufficient explanation for the incoherent character of any remarks I may make. The theme assigned to Dr. Martin is one of the most vital, most prac-

tical subjects which can be presented to a congregation of physicians. I cannot on such short notice do justice to it, and yet simply to fill the gap I have consented to say a few words on the sexual act and frauds in the conjugal embrace. When I received the invitation I wondered what was meant by "frauds in the conjugal embrace." While sitting here, and since I have consented to talk upon this subject, I have tried to think it out somewhat, and I have an idea what the compiler of the subject may have meant. Surely, in speaking here of the conjugal embrace it is implied that the sexual act in matrimony should be of an ideal character. The conjugal act should not be simply for the satisfaction of passion and lust; it should have a higher aim. No doubt every idealist and every practical physician will concede that the chief purpose of sexual intercourse in matrimonial life should be for the purpose of the generation of offspring. What do we see in practical life? We find young people getting married and for years thereafter they have no children. Upon questioning them as to why they have no children, which we as physicians may do, they will reply to this effect: "I am not ready for it yet." I often say to these people: "If you are not ready to have children, you were not ready to get married." They want to wait a little. And why? Because they think the coming on of a child would temporarily interrupt the pleasure to which they are entitled. This is a standpoint

to which we as physicians cannot easily subscribe. This is the first fraud, the fraud of having sexual intercourse with a wife without the avowed intention of having offspring.

There are other forms of fraud, namely, the means resorted to to prevent having offspring. I believe some of these points can be safely discussed between us as physicians, and I will refer briefly to a few of the frauds:

One of the most familiar frauds of which we hear so much in our practice is the practice of withdrawing the penis on the part of the husband, the coitus interrupting. I believe neurologists can enlighten us as to the disastrous results of this practice on both parties, not only on the man, but also on the woman.

There are other forms of preventing child-bearing which are a little less harmful as far as their physiological effect is concerned. I refer to such frauds as are practised by means of condoms and the pessary. While opinions about these matters may differ, and there may be those who will condemn these devices absolutely, still I am frank to say that I believe there are circumstances under which these articles have a certain range of usefulness. While we would not advise a married couple to investigate the various forms of articles for preventing offspring, there are instances when the wife is frail and has had a number of children already, where the physician feels that she should have no more children on account

of the deteriorating effect during pregnancy, and particularly during lactation. There is no question in my mind but what there are many instances where the most conscientious physician will do well to advise the husband as to the manner in which he can protect his wife against having children. I for one am in favor of offspring.

I generally consider it a moral crime to get married and wait five or six years until they get children and lose taste for raising a family. I am in favor of a family. It is a sad spectacle, however, to see families of eight or ten children among the poor, where not a single child gets proper opportunity for education and for physical training. It seems it is only the well-to-do families who so arrange matters as to have two, and perhaps not more than four children at most. I do not subscribe to the French system of two children; neither would I advocate raising eight or ten children except very rarely, as for instance, in families where there is plenty of money or opulence, and where the wife has enormous physical strength or endurance. As physicians we are the ones to educate the laity in regard to this matter. I touch here again a point which between us we can safely discuss. It is not very much wiser to prevent pregnancy by one of the means I have mentioned than to allow it, and perhaps let the poor woman, when she becomes pregnant, resort to means to destroy her offspring in other ways that are criminal and that are much

more destructive to her health? I ask you, which is the proper thing? Let us be sincere in these matters. We have to be teachers of married people; we have to tell them means how to regulate these matters; and I for one, gentlemen, consider the condom and the pessary as two of the most useful and beneficial discoveries for mankind. It is unnecessary to enter into details on the subject. While perhaps a few of you hesitate to speak about these matters in a manner that you would like to do, and express yourselves freely, still I believe you will agree with me in what I have said.

Another point I want to touch upon as having a bearing upon the frauds of the conjugal embrace, and one upon which I am glad to say I have known a great deal of good to result from such advice, is the fact that in the married lives of a great many people the wife has absolutely no part, so to speak, in the sexual enjoyment of the conjugal embrace, where the wife remains simply an instrument in the hands of the man. This, in my opinion, is the greatest fraud that can be committed in this respect. Many times have I known of instances where women who had been married ten years have declared, that they had never experienced any pleasure from sexual intercourse. That is not right. She is entitled to it. The fault lies usually with the husband, in that he is not sufficiently educated and simply looks out for himself, to speak plainly, and does not look out for the other party.

I am glad to see that this subject has been handled in such a scientific manner without touching lasciviousness or pruriency. I wish to remark in this connection that we as physicians have great opportunities for doing good by instructing our male patients in regard to such matters, teaching them how to proceed, and I believe that the physician above all should be thoroughly informed on these subjects. I have earned the esteem of a number of husbands to whom I have imparted what I considered good advice in regard to these matters, after which they satisfied their wives. I can recall instances where married women have been barren for years, and when I investigated the matter I found that the wife was perfectly impassionate and did not seem to take part in the sexual act. I advised the husband how to proceed, and I know of two instances where the women became pregnant within a few months after successfully carrying out my advice.

Gentlemen, this is a subject which cannot be handled in a few minutes. All I wanted to do was to suggest ways and means whereby we can be of service to our patients. Who should educate them if we do not? A discussion like this is very fruitful, but in order to be instructive it must be practical, open and sincere, and I am glad to see two lady physicians here who are witnesses to the fact that we can speak of these questions without having to blush.

CHAPTER V.

THE PHYSICIANS' CLUB—CONTINUED.

THE CHAIRMAN: The next gentleman can speak from a large experience and extensive knowledge and observation among patients. I refer to Dr. William T. Belfield, who will discuss the subject of:

THE RESULTS OF SEXUAL EXCESS OR CONTINENCE; SEXUAL MISINFORMATION AND QUACK LITERATURE.

Dr. WILLIAM T. BELFIELD: Mr. Chairman.—Since an erotic discussion of this sort savors somewhat of the experience meeting, I wish to announce that the remarks I may make are based not altogether upon experience, but also to some extent upon observation.

"There is a sucker born every minute," is an aphorism variously credited to P. T. Barnum, Lydia Pinkham, Robert E. Burke, and other noted confidence operators. Some of these suckers escape a world of misery by early death; others attain maturity and reach the conclusion that the material side of life is in large measure a confidence game, in which the greatest financial prizes are acquired by those who can skim nearest

the penitentiary without falling in. Prominent among confidence operators are those who, disguised as physicians, abuse the confidence of the young, which abuse is made possible by the failure of parents to give their children the needful information concerning sexual matters. Children are brought up with absolutely no knowledge on this subject. All of us become sooner or later parents or guardians of children who we know must follow essentially the paths we ourselves trod; they must meet essentially the same difficulties, temptations and trials that we experienced. We know that their lives, like ours, will be given up to the pursuit of means for the gratification of the two appetites which are euphoniously designated hunger and love. We take great pains in the education of the young to prepare them for the gratification of hunger; we teach them trades and professions; we teach them the accumulation and the retention of worldly goods; but almost without exception, so far as I have been able to observe, we neglect to instruct them in any measure upon that equally important topic which we may call love. The results of such neglect on the part of parents and guardians are embodied in the success of the innumerable so-called specialists—quacks—who grow rich upon the savings and fears of their ignorant victims. It is quite unnecessary for me to go into details because every physician and layman is familiar with the extent of this evil; one cannot pick up

a paper, even a religious journal, without seeing in some form the advertisements of these confidence operators. We recognize the evil; we have made, through official channels, various attempts to abolish it, to abridge it, but thus far with very little success. The proper way to save our youth from the clutches of these sharpers is to give them that knowledge which has the power of protection.

The other part of the topic assigned to me is: "The results of sexual excess or continence." These terms are relative; and I would make a sharp distinction between the sexes in this matter of sexual relations. It is a fact we sometimes ignore, or perhaps it is never prominently brought before our minds, that the female is the type of the race; that the male is simply an accessory, an adjunct. We prove that, not by any discussion as to the relative abilities, mental and physical, of the male and female, but by the development of our species from those that preceded ourselves. It is a fact, you know, that among the earliest unisexual animals, the female far exceeds the male, both in size and in capacity; among some of the early forms the male is simply a parasite on the body of the female, because unable to earn his own living. In some of the small animals the female, after having been fertilized by the male, devours him—her only way of persuading him to contribute to the support of his family. The queen bee, too, is much

superior in every way to the male (drone) ; and after she has been fertilized, the drones are stung to death by the working bees. The queen apparently considers it more economical to make some new cheap males the following spring than to board the old ones through the winter.

As we trace the development of species upward in our direction, we see very evidently that the female is the type. The male gradually approximates more closely to her standing, but, nevertheless, not even in our species, does he rank with her in the more important and essential parts of our nature. He exceeds her in size and strength ; he has better weapons of offense and defense ; and as a result he is of material assistance in the care of the young, and she is enabled to devote more time and attention to the rearing of offspring. But all the higher qualities exhibit better development in woman than in man, and are evidently the result of her physiological functions ; and in discussing sexual matters we must draw a sharp line of demarkation between the female and male.

Continence, in the sense of absolute abstention from sexual gratification, is something that I, at least, have never seen in man. I do not mean to say that it does not exist ; it is very likely that there are men who are absolutely continent, but they are relatively few. Man has been defined, you know, as the masturbating animal ; though he is not the only animal that resorts to self-

abuse. The habit of masturbation is begun, in the majority of cases, innocently; be that as it may, very few boys attain their majority without having at some time practiced that act; having thus indulged, it is impossible for them to remain or be absolutely continent. A boy may, of course, and does, as a rule, discontinue that habit; he may and often does, refrain from illicit sexual indulgences, and for social and financial reasons he abstains from marriage. But he is not continent in the true sense of that term; his sexual desires are constantly alert, and whether gratified or not, they exert a distinct influence on his anatomy and physiology. Real continence is certainly possible in human beings; we see it in our sisters, our sweethearts; we see a majority of the girls who have enjoyed the protection and the affection of parents, grow to maturity, and even go to the marriage altar quite ignorant of sexual feeling. But it is quite otherwise with the male. Could he follow that same plan, I am sure he, like his sister, would be entirely free from harm. Continence in the sense of mere abstention from actual sexual contact while the individual is tormented by sexual desires is pathological; I have seen plain instances.

Sexual excess also is a relative term even among males. It is absolutely impossible to say what is normal for a man in that line any more than to say what is normal in the consumption of food; and those of us who frequently have to advise

people suffering, or who believe themselves suffering, from sexual disease, hear stories that certainly seem remarkable as to the amount of sexual indulgence that men allow themselves, even in the sacred relations of marriage. I remember being greatly astounded when an elderly man, in the confidence of patient to physician, told me that he was sixty-four years old and his wife sixty; that they had been married forty years, and, during that time, had averaged one sexual congress each night. Of course, this is hearsay evidence, but under the circumstances, I could not doubt his statement, and believe he was telling the truth. Now, if we should take that as a standard, very few people would be guilty of sexual excess. However, we must measure sexual excess by effects, and it is certain a good many men suffer from the effects of sexual excess, even though they indulge far less than the man I have mentioned.

The results of sexual excess, as we see them in the male, are comprised in chronic inflammation of the prostate and of the seminal vesicles; and doubtless that particular part of the prostate which is most affected is the *veru montanum*. There, we know, are contained nerve-endings through which the sexual excitement is perceived, and that we know is the part of the urethra which shows atrophy in cases of impotence. It is possible, however, for us to confuse the results of sexual excess with the results of disease. I re-

member a case of impotence referred to me by a neurologist: an examination of the urine made at once showed a large amount of sugar. And there is another disease which is far more frequently the cause of symptoms that we commonly ascribe to sexual excess and diabetes, and that is gonorrhea. We know that gonorrhea is the cause of at least three-fourths of the failures of sexual power in those cases with which we have to deal. Infection of the prostatic urethra and of the seminal vesicles results in such changes in the nerve-endings in those parts that the sexual apparatus refuses to work in the normal way. In examining patients complaining of sexual impotence, we can often directly trace that condition to an attack of gonorrhea; so that it is quite likely that we are in the habit of ascribing to sexual excess the results of disease, particularly of chronic inflammation of the prostate and of the seminal vesicles, which results so often from gonorrhea.

CHAPTER VI.

THE PHYSICIANS' CLUB—CONTINUED.

THE EFFECT OF COITUS DURING PREGNANCY AND LACTATION.

DR. ARTHUR C. COTTON: The importance of this subject leads me to remark that someone more competent than myself should have been selected to present it in the scientific spirit that it merits. I have been led to make a more or less exhaustive research of the literature of this subject, and, with the exception of a short abstract from a paper on a kindred topic, presented by me before the American Medical Association, at Denver, namely, on the disturbances of lactation, my remarks will consist principally of a compilation of the literature on the effects of coitus during pregnancy and lactation. With but few exceptions specialists are consulted by their married clientele in regard to these two points. There seems to be a wide difference of opinion prevailing among the laity, and, so far as I have been able to observe from conversation with my brother practitioners, among the profession; hence my quotations.

The points I will present are (1) the effects of coitus during pregnancy as productive of abortion. (2) The aggravation of nausea and vom-

iting on the part of the female. (3) Its relation to puerperal sepsis. (4) Its relation to labor, resulting in dystocia. (5) The possible effect on the mental development of the infant—idiocy, epilepsy and cerebral palsy. (6) Malnutrition of the infant from exhaustion of the nervous force of the mother. (7) During lactation there is a tendency to cause abortion. (8) Error of opinion on the part of the laity, that conception does not occur during lactation. (9) Busey states that it deteriorates the nutritive qualities of milk, which may be demonstrated. Numerous cases of convulsions in a child after sexual intercourse have been reported, and Bouchut gives a case of convulsions in a child after each repetition of the sexual act, with death of the infant resulting.

Quoting in regard to the effect of coitus during pregnancy as a cause of abortion, John Burton, writing in 1751, page 282, says: "I took notice that whatever brings too much blood to the womb and stimulates the adjacent parts may occasion abortion; whence, in some constitutions, coition, although the woman be generally more desirous of it the first two or three months after pregnancy, is bad, especially if the woman menstruates during her being with child."

Crosseris (Manual, 1853: "*Treatment of Tendency to Abortion*") requires abstinence from coitus.

Bedford (Principles and Practice of Obstetrics, 1861, page 273), in speaking of habitual

abortion, says: "I have found an excellent expedient in such cases is, as soon as gestation takes place, to interdict sexual intercourse until after the fifth month."

Gooch (Practical Midwifery, 1853, page 128) says that for the prevention of miscarriage, the separation of the wife from her husband is an indispensable measure. Frequent sexual connection alone will often excite the uterus to action which terminates in abortion.

Hodge (Principles and Practice of Obstetrics, 1864, page 108) on the "*Treatment of Disorders of Pregnancy*," says: "Avoid all inordinate sexual gratification."

Galabin (Manual of Midwifery, 1886, page 133) says: "It is not usual to abstain from marital intercourse during pregnancy, although in this respect the animals set an example to the human race. Coitus is, however, a frequent cause of abortion, and much moderation is desirable, especially during the first four months."

Grandin (Cyclopedia of Obstetrics and Gynecology, 1887, page 309) on "*Hygiene of Pregnancy*," says: "The question of conjugal relations has been differently answered by various authors. Although intercourse has often caused abortion, it has in other cases been quite harmless. Its effect depends on the health of the woman. In the beginning of pregnancy the woman needs absolute repose, particularly at the time corresponding to the catamenial period. In the in-

terval, the separation of the sexes is less necessary. Toward the end of pregnancy intercourse becomes more and more difficult, and we have the statement of many women that premature rupture of the membranes had been brought about by conjugal relations. Although we, therefore, do not absolutely forbid intercourse, we recommend that it be indulged in only after careful consideration of the duration of pregnancy and of the woman's state of health."

Hirst (American System of Obstetrics, 1889, page 394): "With respect to sexual intercourse during gestation, it is necessary to give advice with an extreme degree of circumspection. The physician's counsel is not often requested, and when gratuitously offered, it is still more seldom acted upon. Spiegelburg remarks: 'It is preaching in the wilderness.'"

During the first three months and the latter weeks of gestation, it is wiser for husband and wife to occupy different beds, as the danger of abortion and premature labor is considerable. In any case in which the tendency to abortion is at all evident sexual intercourse must be forbidden throughout. During the interval between the end of the third month and latter weeks, in perfectly healthy women, contact ought to depend upon the desire of the female. Roederer speaks of the *viri fastidium*, Stoltz of the *horreur du mari* (abhorrence of husband) sometimes evinced by the pregnant woman. On the other hand, the weight

of opinion is very much in favor of the view that in the majority of healthy pregnant women desire is greatly increased, even to the point of nymphomania.

Idem. History of Obstetrics, by Engelmann, page 4: "In Mexico, as the old histories tell us the pregnant woman was torbidden to yield too freely to the desire of the husband, although coitus was indeed ordered to a certain extent, so that the offspring might not prove weakly. In Loango coitus is not forbidden. Some regulation with regard to the act exists among other tribes, and the too free exercise of matrimonial rights is often cautioned against."

W. B. Dewees, of Kansas (*Journal American Medical Association*, 1894), on the "*Care of Pregnant Women*," writes:

"The family physician must be fully aroused to the conscious realization of the fact that it lies within his power very largely to prevent many of the diseases among the women of the family entrusted to his care. When this obtains, his moral obligation will impel him to promptly do his full duty, by giving adequate instruction concerning the ill effects of improper posture, dress, food, drink and erroneous habits of living, including the non-forbearance of indiscriminate, excessive and impure sensual indulgences. Then it will come to pass that the wholesome forbearance of coitus during the entire period of gestation,

the puerperium, and three months thereafter will be insisted on."

Landis (*Compend of Obstetrics*, page 42, *Pregnancy*) says: "Locally the hyperemia of the pelvic organs will cause, at first, an increase in the sexual desire." Page 40 (*Causes of Abortion*): "Hyperemia of the pelvic organs from over-exercise, coitus, lifting, etc."

Lusk (*Management of Pregnancy*, page 113): "Marital relations, though not absolutely to be prohibited, should be of infrequent occurrence. Excesses in the newly married are a common cause of abortion." Page 317 (*Prophylaxis Abortion*): "Rapid succession. In such cases curetting is often of service and a six weeks' abstention from sexual intercourse may be usefully enjoyed."

Palmer (*American Text-Book of Obstetrics*, 1895, page 181): "Sexual intercourse is to be regulated carefully, for very often it is found to be injurious to pregnant women. While especially enjoyed by some pregnant women, coitus is distasteful to most women at this period, and it becomes the source of much pelvic discomfort to not a few; it may create an abortion. Even uncivilized nations have condemned the privilege of sexual intercourse during the period of pregnancy, and have visited punishment on the offender. During the first months, when so many abortions occur, and toward the last of pregnancy, it is best for husband and wife to occupy separate beds."

In regard to the effect, Palmer also says that it is aggravated by unpalatable food, by sexual excitement, and by emotional excitement. Playfair, Churchill, Cazeaux and Tarnier, Baudelocque, Dewees, and John Burns agree as to both abortion and vomiting. Lusk says that coitus often increases in sickness.

Garrigues (American Text-Book, page 693): "When we take into consideration that at least the staphylococcus pyogenes abounds on human hands, it can hardly be doubted that it is found also on the skin of the penis. Since women often have sexual intercourse up to the day of their confinement, there is no difficulty in supposing that they have, at the time of their confinement such cocci in the vagina, and that, in a certain sense, they may infect themselves, not only with saprophytes, but also with pathogenic cocci."

William E. Ground (*Times and Register*, Philadelphia, 1896) in the Transactions of the Medical Society of the State of Wisconsin, criticises, among other things, the condition surrounding the women of the middle and lower classes. He states that the husband, as a factor in the production of puerperal sepsis has not received the consideration he deserves. Gonococcus has been talked of; when she is near the end of pregnancy he comes home with a soft chancre and continues his septic and sexual relations with her. However dirty his occupation may be, he handles the penis in urinating, but never thinks of bath-

ing before copulation. Men sometimes have sexual relations with their wives within a week or two after confinement; the woman develops symptoms of puerperal fever, and the doctor is puzzled to explain the cause, and perhaps lays it to the breasts, or to catching cold or to autoinfection.

During lactation, I find that Galen, quoted by Bouchut, says: "I forbid all women who are nursing children to abstain from sexual relations." Further, he says: "If mother begins to menstruate from the possibility of conception, she should refrain from sexual intercourse."

Out of about two hundred journal articles and one hundred and twenty-five authorities examined, I found but little on the subject of the effect of coitus upon lactation. It is a subject fraught with great importance today, and I was surprised to find such a paucity of literature on the subject. I believe this matter will be forced upon our attention more and more every day until we make it our business to inquire into the disorders of infancy, and to know what the sexual relations of the nurse may be.

Platner, quoted by Bouchut, says that "certain it is that unsatisfied desires are worse and more harmful than a rare and moderate use."

Routh (*Treatment of Defective Lactation*) refers to great sympathy between breasts and genitalia, and states that proper functional use of the one will influence the other, and advises occa-

sional reunion to improve and excite the flow of milk.

Hartman says that "sexual intercourse may be allowed the mothers in moderation." Trousseau remarks that "conjugal intercourse is not injurious to nurse or nursling, provided it is regulated by great moderation."

Some four or five other authorities, consulted by me, counsel moderation in sexual intercourse between the husband and the nursing mother. Some go to the lower animals for the purpose of citing an analogy and quote the practice of some dealers in cattle, especially in milch cows and goats in the southern part of Europe, where it is customary to gently irritate the genitals of the female in order to stimulate the secretion of milk, and place the animals on the market in order that they may find ready purchasers.

Speaking of the uncertainty of effects, Vogel states that "whether a coitus upon which no gestation follows is in itself injurious, I am unable to say; but it does not seem probable, however." Bouchut states that "nothing positive is known concerning the influence of coitus." He relates the case of a young woman whose child fell into violent convulsions each time she gave herself up to coitus. "But numerous examples, on the other hand, demonstrate that the influence is not always so injurious."

Routh, in an article on galactorrhœa, says that "there can be no doubt that irritation of the womb

itself, or its immediate appendages, causes profuse secretion. Undue excitement has been known to produce a jet of milk from both breasts, which has only subsided with the cessation of the stimulus."

Busey, of Washington, D. C., says that "excessive sexual indulgence during the period of lactation seriously deteriorates the nutritive qualities of the milk. The unwholesome and sometimes pernicious changes produced in the mother's milk are too well established by clinical observation, if not by chemical analysis, to be considered mere coincidences, unworthy of the attention and careful scrutiny of the scientific physician. Woman is the highest type of the breeding female, yet she is the only one not exempted from the approach of the male by a natural periodic interval of rutting. It is a law of the physical economy that excessive indulgence of any animal passion, or the overwork of any function or organ, is detrimental to the whole organism."

Among the legendary and ethnological examples, Engelmann furnishes the greatest number, and states that the negroes of Loango, of Central Africa, are a fair type of the black race. With them women are prohibited from sexual indulgence during lactation, which averages from twelve to fourteen months. Among the northern tribes of Russia the mothers dwell apart for several months after confinement. On the slave coast, when women become mothers, they are sent

away for three years to nurse their infants and to prevent cohabitation. If the act should be accomplished, they believe the evil spirit takes away the milk and the child dies. In several of these cases the wife selects a substitute for her husband, and in Japan they are called or known as "by-wives." Natives of Africa, Asia and many of our Western territories are not only kept apart from husbands during confinement, but for weeks afterwards. With them, as with Hebrews, there is the idea of uncleanness, but by this isolation, rest and non-exposure, the women escape numerous uterine troubles. Arabs do not deprive themselves of sexual intercourse during the course of lactation. The prophet, however, without expressly forbidding this practice, lets it be understood that it must not be an injury to the nursling.

Dr. G. J. Witkowski, in "*Curiosities of Breast and Lactation*," says that "it is a law of nature that the woman who is nursing ought rarely to become pregnant. One can compare the uterus to the earth. As the lands which are not allowed to rest become exhausted and produce little, even so the women who are pregnant all the years without interruption, the uterus nourishes poorly its fruit."

Jacobi (Transactions New York Obstetrical Society, 1876-8) states that "as early as 1758 a law was passed in France, according to which wet-nurses had to inform employers of the oc-

currence of another conception. Not very rarely will the uterus not be able to resist the persistent mammary irritation kept up by nursing, and the fetus is expelled."

Some time ago Robertson remarked that one-half of the nursing working women of Manchester, England, conceived during lactation.

Dr. Barnes (*Lancet*, 1852) has written an able paper on this subject, and has shown that in a given number of instances abortion occurred in seventeen per cent of cases in which the female became fecundated during lactation, and in only ten per cent when impregnation occurred at other times.

In regard to idiocy and imbecility, Dr. C. K. Mills (*American Text-Book of Diseases of Children*, page 673) writes, in speaking of etiology, of "bad health in the mother and impressions made on her during pregnancy, the father's health or condition at the time of procreation."

Sach (*Nervous Diseases of Children*, page 632) states that "the alcoholic habits of the father at the time of procreation are surely a potent factor of congenital idiocy." On page 683 he remarks that "traumatism during pregnancy is another factor in the development of idiocy in the child. As the influences brought to bear are prenatal in origin, these cases may be included under the heading of hereditary idiocy; and there is all the more reason to do this as such traumatic injuries are all the more likely to be harmful to the normal

development of a child's brain in families with neurotic taint than in families whose histories are entirely negative."

Taylor and Wells (*Cerebral Palsies*, page 516), in speaking of etiology, allude to trauma to the mother during gestation, and intimate that coitus is one of the causes of trauma. Psychic and emotional shocks, nervous and other strains, result in retardation of fetal brain development.

In the same line of inquiry, I wish to present a brief abstract of some tabulated observations selected from records because of the known environment of the nurse in her sexual relations. I shall not go into any great detail as time does not permit. In fifty-one cases of digestive disturbance in sucklings in which the breast milk showed colostrum characteristics with greater or less increase in proteids, twenty-four were relieved with no treatment other than the discontinuance of coition; thirteen received slight medical treatment, as a mild laxative, or a few doses of calomel and soda, or a little lime water; eleven proved more intractable and required treatment from one to four weeks; one was put upon modified milk after three months' ineffectual efforts at nursing; one was changed to wet-nurse after two months; one died in convulsions apparently as a direct result of excessive coitus after long abstinence. The milk analysis in these cases showed a specific gravity of 1032, fat 2, and proteids 3.8.

These cases are selected because of the apparent

marked causative relation of coitus to the disturbed equilibrium of the milk ; not that other examples are wanting in which this etiological factor appears equally prominent. But in the cases presented I feel morally certain that sexual indulgence was discontinued, hence the conclusion as to its etiological relationship. The time limit is too brief to attempt an exposition of the various tests applied to this case, not to mention the many cases rejected as unworthy of classification as to proof of this one cause of disturbed lactation. That menstruation is equally a cause of disturbance I fully believe, and that as such it is much easier of demonstration.

I trust that these few carefully selected cases may stimulate other investigations in larger clinical fields, with the hope for more exact knowledge upon this important but neglected subject—the modification of breast milk.

CHAPTER VII.

THE PHYSICIANS' CLUB—CONTINUED.

SEX PROBLEMS IN EDUCATION.

DR. PAUL CARUS: The hour is too late to say very much, and I will be brief. The subject is of the greatest importance, and it is not so without good reason. When we speak of morality in general, we mean sexual morality. Sexual morality is at the bottom of every morality; although there may be chaste thieves, as a rule, as one of the speakers remarked to-night, criminals are largely developed during puberty.

Now, it is not an accident that the powerful nations of the earth are the most chaste nations. The Teutonic are chaster than any others. When the first Roman became acquainted with the Germans beyond the Rhine, he was struck first with their—I might say—innocence. Girls and boys bathed together in the rivers naked and they were not ashamed. And there were no excesses, and they took a pride in remaining virgins, both male and female, up to the fifteenth and even twentieth year. I believe the strength which those nations have developed in war, as well as in peace, in making conquests in science as well as with the sword, is very largely due to their chastity.

The religions which developed among these nations and took firm hold on the people were not

ing impure in it. I cannot enter into this subject as fully as I would like to owing to the lateness of the hour.

As to educating the young with regard to sexual problems, let us simply ask ourselves what advice we would give our own children? And the advice we would give them is always the best, advice to follow ourselves.

CHAPTER VIII.

THE PHYSICIANS' CLUB—CONTINUED.

LEGAL ASPECTS.

MR. A. S. TRUDE: Mr. Chairman, Ladies and Gentlemen: I came here for the purpose of listening and to be instructed. It would be absurd for me to undertake, before this body of medical gentlemen, equipped as they are with the lore of the profession, to impart any information upon a subject with which they are so familiar. I am glad, however, to be here to-night, because as I look around I see many familiar faces. Some of you I have encountered in your offices; some of you have treated me and my family, and others I have met at the bar of our profession; so that there seems to be an invisible pontoon bridge between your profession and the one represented by myself, as well as the profession of the gentlemen at the end of the table. We ought to co-operate more than we do, but let me say that the ranks of the legal profession are united with you. You save our lives; you protect the lives of our families, and we, as lawyers, protect your reputations in court, and decline to be allies to black-mailers.

The subject before us to-night is fraught with interest, all the more so because it is one to approach so delicately. This subject brought me here

because there were elements in it upon which you can impart light. There has been some information suggested by the remarks of one distinguished gentleman who is within the range of my business that somewhat bewildered me. I refer to Dr. Zeisler. I was wondering what he meant when he stated that he possessed the magic ability to impart tropical heat to matrimonial refrigerators. (Laughter.) I am going to his office with all the celerity which speed can give me, or the elevator service, because he may have done much towards solving the perplexing question which has agitated me for many, many months.

The remark made by our presiding officer tonight is true, and it helps me out somewhat in the few remarks I will make to you. The desire for illicit relations is such that it has a greater impelling power in its relation to crime than drink. The desire to drink, as a rule, is an appetite, and very little more. In the surging of the strongest of human passions, the desire to copulate with the object of the individual's adoration has such an impelling power that a man does not hesitate at the commission of any crime, felony or misdemeanor. This passion wields a tremendous influence, so much so that it made our old friend Mark Antony, as he walked through the streets of Rome, an object, an individual pointed at. As cold as an iceberg, the man who repelled the advances of the beauties of his own court,

his own environment at imperial Rome, met his fate when, with his nine legions, he came within the range of the lustrous eyes of the woman who dwelt for a time upon the bridge of that vessel going down the Nile, when Mark Antony dropped his sword and bade his legions to go home, so that he could take a ride with that girl (Cleopatra) down the river. Napoleon allowed his soldiers to rest upon their arms when he fell a victim to the beauties of the Countess Walewsky.

In the criminal court, in days gone by, I have defended many men charged with murder, not so much in Cook county as in Kentucky, who were prompted to commit crimes because of their desire for a woman. In some cases she was the wife of another man. But the desire to sustain sexual relations with that woman would prompt such a man to quarrel with his foeman and slay him.

I understand there is to be some further discussion, and with these few remarks I desire to thank my friends for their kind invitation to be present.

CHAPTER IX.

THE PHYSICIANS' CLUB—CONCLUDED.

EDUCATIONAL ASPECTS.

THE CHAIRMAN: We have one more gentleman, representing still another walk in life, namely, Professor Wheeler of the University of Chicago.

PROFESSOR WHEELER: It would seem after having heard from the gentlemen of the legal profession, of the medical profession, and from the philosopher, that there is very little to say on the question of sex; and yet there is also in this very important question something perhaps to be said by the teacher, and it occurred to me that one of the difficulties which has been presented several times this evening is that of imparting to children some knowledge of sex, and that the teacher, as a teacher of natural science, may be able to give some assistance. The subject which it is possible to bring before a child with reference to sex in all its purity is that known as biology, or the subjects of zoology and botany combined. It has been said that sex is one of the most universal characters of living matter, and naturally in any treatment of plants or of animals the subject of sex is therefore always in the foreground. From my own limited experience, I know that it is possible to teach the whole subject

of sex, that is, all the important questions connected with it, the differentiation of sex, the anatomical and physical peculiarities of the two sexes, to mixed classes of pupils of all ages without giving any offense; teaching it as one would treat a mathematical problem, at the same time giving much of the information which is necessary in the conduct of a moral life. The student is quite able to draw an inference from such work which would enable him to live properly. I think the time is too far advanced for me to say anything further, and I do not wish to encroach upon the time of others who may follow in the general discussion.

DR. RACHEL HICKEY CARR: There is one point from the standpoint of a teacher that I wish to refer to in connection with this subject. I think we all agree that there is a proper place and a way to begin to educate young people regarding sexual hygiene. As most of you know, I am Professor of Histology in the Northwestern University Woman's Medical School, and last winter I thought I would try a little experiment. I organized a class of five young ladies whose ages ranged from fifteen to seventeen, one of the girls being the daughter of a prominent surgeon of this city. These girls knew absolutely nothing, so far as the sexual organs are concerned, and practically nothing about life in general. I taught them biology during the winter,

We studied together very largely the structure of animals, not omitting the sexual organs, in a scientific manner, as far as possible. I showed them the different structures of animals under the microscope, and when we came to study the human organism I did the same thing. During all this time no personal allusions were made to the sexual organs of any of these young girls. As Professor of Histology at the Woman's Medical College, I brought some of my specimens with me and showed them to the girls. I allowed them to ask any questions they saw fit, and I answered them in a perfectly truthful and faithful manner. They sought information regarding certain things that were mysteries to them. They told me that they never had a more enjoyable time in their lives; they felt that I had given them much information.

Now, I contend that we can educate young girls in such matters without injuring them mentally or physically in the slightest degree. I offered no suggestion that made them feel uncomfortable; I let the suggestions and questions come from them. Let them ask questions about whatever comes to them, and by answering them in a faithful, truthful way, you can satisfy them without hurting them in the least.

DR. FRANK A. STAHL: The remarks of Dr. Carr were very interesting. I would like to ask the doctor if she does not think the good results

in educating this class of young girls, daughters of a higher type of trained organism, socially considered, and with their higher type instinctive congenital protoplasmic forces, were they not largely due to her especial method of treatment of their peculiar congenital forces? Or, in other words, whether she thinks with her method of teaching she would have as good results from instructing a class of girls gathered from a cosmopolitan population such as we have in Chicago? I am yet in a skeptical state, and therefore make this inquiry. At one of our previous meetings Professor Salter and a young professor of mental philosophy quite earnestly expressed similar views. Will knowledge alone lead to higher morality, and therefore a higher type of physical and moral bodies? It would indeed be very interesting as well as instructive to learn how Dr. Carr, Professor Salter, and the professor of mental philosophy could, if possible, reconcile their theoretical sentiments of carnal knowledge with the sentiment expressed in the divine thought: "Blessed are the pure in heart, for they shall see God." Do they not think there is an antithesis of sentiment here? It seems so to me.

The gauge and inclination of the rise and fall of the individual, of the tribe and therefore of the nation, is directly proportioned to the degree of general purity of morals, not only possessed, but

practised by them. Do we not see this well illustrated in the past history of the rise and fall of nations, and even in the present readjustment of nations and their political influences? Therefore, if it be true that the decline of nations and consequent loss of prestige is directly associated with the fact that they do not possess so great a degree of morality in their body politic as is the case in that of other nations contemporaneous, is not the moral plain? As individuals, tribes, nations: "Bewahre devine Tugende."

DR. CARR: I should be perfectly willing to take a mixed class of girls from among the poorest people and educate them in the manner I have described, feeling sure that they would be much better for having acquired the information imparted to them.

DR. PAUL CARUS: A mother of Chicago told me that when her daughter had asked her questions, she answered them in the spirit that Dr. Carr urged that instruction should be given. It seems to me it all depends upon the way in which the information is imparted, and the reverence and tone in which it is done. This girl, after receiving a straightforward answer from her mother, kissed her mother and said: "Mother, I am part of you."

DR. MONTGOMERY called attention to one point which he thought had been overlooked in the discussion, namely, that it is not too soon to begin

instruction in these matters in the kindergarten. He narrated briefly his observations in two families of children, where the parents had with great tact taught their children, when three or four years of age, lessons, as a result of which they look upon their sexual organs as being given them for a divine purpose and sacredly kept for that purpose. These children had come in contact with other children; they had heard vulgar stories told by other children, but they had great faith in what their father and mother had told them. He believes it is not too early to begin instruction in these matters with the kindergarten, and thus prevent much of the pernicious teaching required later with reference to the development of the sexual instinct and of the sexual organs.

DR. RITTENHOUSE: For some years past I have been collecting information on a certain subject which has interested me greatly. I was not engaged in the practice of medicine long before I discovered, as most of you have, that many families live together unhappily, for the reason that the wife has not the sexual instinct developed. She experiences no sexual enjoyment, and in many instances there is no sexual desire. I sought to investigate the reasons for this and whether it includes all the reasons or not, I will not say. But this fact I have ascertained, that in a large number of those cases the wife was the daughter of strictly Christian people. She had

been brought up with ideas that prevailed among the strictest Church people. She had not been instructed regarding sexual matters in any respect, and she was kept in entire ignorance and had remained on that account undeveloped. I have not the figures at hand to give you as the results of my investigations, but I can say this, that in a large majority of the cases that was the history, and I believe right there is a point where Christian people are making a mistake in their instructions, not that it is wrong to bring their daughters up so strictly as they do, but they do not go far enough to teach them regarding these matters. If those daughters were taught in the manner described by Dr. Carr, I believe there would be one great source of marital unhappiness removed.

DR. CHAUNCEY W. COURTRIGHT: There is one practical point in connection with this subject that has not been touched upon to-night in the consideration of the sexual act. We have heard a good deal this evening about educating girls. We have had pictured to us a perfect girl with a perfect knowledge, and the boy has been left in the gutter, so to speak. While we are educating the girl, let us educate the boy, not only as to himself but as to the girl, so that when he marries that perfect girl, he will not drive her out of a window into the river. Teach him that he has plenty of time, and that he does not marry a

girl simply for having sexual relations with her. Teach him when, and when he should not have intercourse with her. Let him study nature there as well as elsewhere. Let him study what he sees about him in the world, and he may learn things which will make him more Godly and Godlike than a great many things he has learned at camp meetings. For instance, let him go through the animal world, and almost without exception will he find that the male does not molest the female except at that period when he is acceptable to her. Let the boy be taught that he has no more right to the body of that girl, except when she is in proper condition, because he has married her, than before.

The education of the boy has been sadly neglected, as far as education is concerned, in reference to these matters. During a busy professional life, although it may seem harsh to say it, it is more or less true that the young man of twenty-five or twenty-eight, who marries a perfect girl, and who does so perfectly sound, is rare. In other words, the young man who has not had gonorrhea at some time or other is a rare bird. When such a young man marries this perfect being, and after they are alone everything is expected to be accomplished in fifteen minutes. We must teach the boy to attain a greater degree of perfection; we must instruct him that the time for sexual intercourse is when the wom-

an is in physiological condition for it. When we have raised that kind of boy, the girl will have a better chance.

DR. HENRY A. NORDEN: I coincide with the views expressed by the gentleman preceding me, that it is well to educate the girls in relation to sexual matters. But I go further; I maintain that the boys should likewise be educated. This should be done by the parents. The so-called "modesty" that acts as a barrier between parent and child should be laid aside and the relations existing between should become confidential.

I know that this can be done. I have a father, who has been not only a parent to me, but my chum. When I was a boy he never was reluctant about speaking to me of sexual matters. He did this even though he was a minister. I know it benefited me greatly.

The confidence extended even further in the family—to my brother and sister. I am not ashamed to admit that whenever my sisters desire some certain knowledge and they come to me, they get it. I do not mince matters, either, and they are pretty good girls too.

It is necessary that boys should be taught early in life, in order that their minds will not become perverted by quack literature, that is spread broadcast.

Our girls should not be brought up in ignorance in regard to their sexual organs and their phys-

iological functions. It is necessary that they be taught what to expect.

Let us repeat—the boys as well as the girls should be taught, and their educators should be the parents.

DR. PARKER: I would like to know what courtship is for, and how much the young prospective wife learns during courtship about sexual matters, or how much the sexual instinct is awakened during that time. I suppose that during a prolonged courtship these young folks know a good deal about each other. From those who are willing to speak on the subject, I would like to know whether or not the young woman has not got considerable sexual feeling before marriage.

DR. COTTON: Answering the doctor's question, I should say that the young woman ought to be taught enough to protect herself, or in a measure understand the moods of the young man.

THE CHAIRMAN: I do not believe the members of this Club have ever discussed a more important subject. I do not believe they have ever discussed a subject in better tone or with better results, and I sincerely hope there has been inaugurated this evening a propaganda of education upon this vital subject, and with that thought I declare this meeting adjourned.

CHAPTER X.

EDITORIAL RESUME.

The most profound interest has been shown in the series of papers that have appeared in the CLINIC from the Physician's Club on the subject of "Sexual Hygiene." Thousands of physicians have read and discussed these addresses, and from all over the land there has gone up the cry for "more light." How many homes are rendered miserable, how many women driven to desperation and sin, because the family doctor does not know how to give proper advice concerning the sexual relations, is beyond the power of tongue to tell. Physiologists give the most minute details concerning functions that the doctor may never once in his life be called on to rectify; but over this subject the veil of mock-modesty and criminal silence has been drawn. No word of this is taught in the medical colleges. The inquirer can find nothing in the text-books, nor even by searching the libraries. It is taken for granted that these things regulate themselves without the assistance of the medical adviser. So they do—but how?

Not more than fifty per cent of married women have any pleasure in sexual intercourse, in so far as experiencing the orgasm is concerned. Why is this?

The causes may be divided into those in which the woman is at fault, and those for which the husband is responsible.

First among these causes we must place the influence of Mentality, the result of education. From time immemorial women have been taught to control and subdue their sexual desire as something to be ashamed of. The girl who allows herself to be carried away and overcome by passion is declared "ruined" by Madame Grundy, and the awful consequences that follow are quite enough to make any ordinary girl keep a tight rein on her passions.

Next comes that greatest of crises in a woman's life, her settlement in matrimony. The question of questions is "how has she done?" Has she married well, captured a lord, a millionaire or a preacher? Or has she made a fool of herself, let her feelings run away with her judgment and married the man she loved? Men marry for love, as a rule, and this is counted on by the shrewd, disillusioned old mothers; and so the daughter is instructed to throw herself in the way of the "catch of the season," and to shun the undesirable *parti*. Pride in the "catch" and relief that the question of her future is settled, with the feminine longing for a household of her own to fit out and to rule, have far more to do with the modern woman's marriage than falling in love.

Add to this the all-powerful influence of the prevalent idea of what constitutes religion—that it is not only indecent but morally wrong to indulge in sexual pleasure even with the husband—and the dictates of society forbidding maternity unless it does not interfere with social life, while ascetics are continually bobbing up who preach that sexual intercourse except for procreation is sinful, and who could wonder? Women are exceptionally susceptible to this argument. Tell a woman that her soul's salvation depends on her doing or not doing any thing, and if she believes it, no power on earth will induce her to break the law. Tell a man the same thing and the chances are that he will try to argue out of it.

For ages on ages women have had it drilled into them that the possession or manifestation of the sexual feeling is indecent, immoral and silly; and we see the result in a race of sexless creatures, married nuns, whose severest trial is that they cannot, by precept or example, convert their husbands to their way of thinking and of acting.

The physical result is that in a certain proportion of the sex the function has become atrophied from disuse, and they are incapable of its exercise. In such women the clitoris has only ordinary sensation; the vagina may have a very little pleasurable feeling during intercourse, but the orgasm is impossible, and their only pleasure

in intercourse is the unselfish one of gratifying the husband. She may be a gentle, pure-minded affectionate and lovable creature, and the husband happy in his home life, knowing well that the seducer will never enter to disrupt it and dishonor him; yet he will never know the pleasure of a mutual sexual union. To him sexual intercourse will always be a manifestation of selfish indulgence. This may not cause him any annoyance if he be of tough fiber, but to many a man the thought that he is only endured is enough to destroy all marital sexual desire.

Or the wife may be a human worker-bee, intent only on her household or perhaps her business and tolerating her husband from a sense of duty but with difficulty, having no use for him except as a provider for her wants. This is a common type. The woman grows shrewish with years. She may have a tender spot for her child, but for her husband she has only a critical, unfriendly estimate of his capacities as a man and a money maker. She is supremely selfish, pursuing her own ends, in business, society or household, without the slightest consideration of the happiness or well-being of her husband. She may make his home the model of neatness, push him into the background and take control of his business, which she may manage with ability and success, but sexuality is to her foolishness, and the craving he feels for loving tenderness is to

her evidence of contemptible weakness. When the husband of one of these reputable, irreproachable, saintly women "goes astray," the world justly reprobates him and commiserates her. If he doesn't, they despise him. His death sets her free. A few little children may shed tears over the loss of his kindly greetings, an old crony or two tell of what he might have been had his wife not overshadowed his good qualities, but the general impression is that it is a good riddance. And yet, —— ?

In many instances the woman has the capacity for sexual enjoyment but the man is unable to secure it to her. There is considerable variety in the dimensions of both the male and the female sexual organs, and they may not fit. Sometimes the male is too large, and the union is productive of great suffering, even when lubricants are freely employed. Such women may have normal sexual orgasms with men built on a smaller plan, but cannot have it when intercourse is accompanied by pain. The difficulty of the man being too small is not nearly so common, because the penis does not have to fill the vagina to produce a complete orgasm for both parties. The persons who continually appeal to us to have their sexual organs enlarged are as a rule inexperienced youths, who have not succeeded in giving gratification in their first essays, and jump to the conclusion that they are lacking in size;

when the fact is that they are simply ignorant, or have found a worn-out mate with a capacious and too-much-used vagina.

Women as a rule are much slower than men in reaching the climax of coition, and unless time is given them they are simply excited and then left ungratified. The following method has often succeeded in remedying this common difficulty: The man must not attempt entrance until the wife's passion is aroused, and her vagina and vulva moistened with the secretion that denotes desire. The sexual act is then begun, but when near the climax in the male, the penis may be withdrawn, and every part of it wiped dry; when the coitus is resumed. This should be repeated until the wife is so close to her orgasm that she will not let the withdrawal be made, when the climax will be mutual.

The wife's orgasm is produced by friction, on certain specifically sensitive tissue. This is usually the glans clitoridis, but it may be located elsewhere—in the vaginal tissues, or even in some instances in the rectum. In one case observed there was only ordinary sensation in the glans, a little in the vagina, but deep in the latter, close to the uterus, there was a nodule that possessed the greatest sensitiveness in this respect.

In some women the clitoris is covered by its prepuce, and the latter may be adherent at the

top or over the whole glans. These conditions will interfere more or less with the development of the orgasm. They may be relieved by appropriate surgical measures. The entire prepuce should be removed; the glans set free, and any retained smegma removed.

If the clitoris is constantly insensitive, the application of an infusion of some irritant like oil of nettles may restore irritability. The use of the static or faradic current is sometimes advisable.

Any fissures or caruncles, anything that may render coitus painful, should of course be cured, for, as is well known, pleasure is impossible when the act hurts. In fact, these cases call for a painstaking examination to see what is the matter, and whatever is found to be abnormal should be remedied, even if no direct relation between it and the sexual disability can be made out.

The affections of the male which interfere with successful coitus are feeble erections and premature ejaculations. The former may be due to age or sexual excess, in which case the doctor had better confine his ministrations to moral advice. Occasionally a case presents itself in which for family or property considerations it is important that an old man should have progeny.

The galvanic and faradic currents, alternated, and used carefully so as not to exhaust the susceptibility by over-stimulation, are of some value.

Gold chloride, gr. $\frac{1}{4}$ daily, platinum chloride in the same dose, cantharidin, gr. 1-1000 every hour for four doses, succeed to some extent; but the most potent agent in these cases is the testicular extract, in doses of one to ten grains, once a day. Phosphorus is useful when taken in doses of gr. 1-134 three times daily, for a week or two. But if any of these remedies is employed for more than a temporary effect, the symptoms of sexual and mental exhaustion will not be long in coming. As agents to enable a worn-out libertine to continue his debauchery, they are merely the whip to the tired horse, and not one of them gives any real strength, while their continued use may bring about complete exhaustion of the sexual function, when with proper care it might have been preserved for years.

Weak erections are often due to dilatation of the superficial penile veins. These veins then empty the organ as fast as the arteries fill it, and erection becomes impossible. This is easily diagnosed by passing a rubber band or cord over the penis, down to the root, and noting if by this the erection is strengthened. If so, it is easy to ligate the vein subcutaneously, and restore the balance between the outflow and the intake of blood. Usually this is spoken of as ligating the dorsal vein, but really it is best to tie the lateral veins, as they are less likely to be controlled by the compressor urethræ. The ligation should be done

as near the body as possible. When due care is taken to avoid excess the results of this operation are excellent; but as like causes produce like effects, undue indulgence may cause dilation of other vessels when the impotence will be reproduced.

In the large majority of all cases the true difficulty is premature ejaculation, and this is due to hyperesthesia of the prostatic urethra. The cause may be gonorrhea, or the habit of masturbation. Pass a sound into the urethra, and when the instrument reaches the region of the prostate, there will be flinching on the part of the patient, as tenderness is felt. A little secretion may be withdrawn on the instrument.

The usual treatment is by the use of steel sounds, passed through the tender portion and left *in situ* for from five to thirty minutes. This treatment is of little use, and is now being advantageously replaced by the injection of euprophen-aristol-petrolatum, which is quite effective. A few drops are injected into the prostatic urethra every other day, until the passage of a sound no longer causes uneasiness. The sound should also be used if there is a stricture present. In fact, the same rule holds good as with woman, to thoroughly examine and cure everything curable.

The hypodermic injection of ergot to strengthen the erections has been superseded entirely by

the ligation of the veins; the former requiring a new application before every sexual act, and giving no benefits commensurate with the pain and annoyance. The erections may be strengthened by strychnine arsenate, gr. 1-30 to 1-15, three times on the day sexual congress is expected. But the methods described above are far better than the use of drugs.

Men who have had gonorrhea, with orchitis on both sides, are sterilized thereby, and the sexual vigor is apt to be weakened or lost. The control exerted by calcium sulphide over all manifestations of gonorrhea leads us to think it worth while to try this drug also in these cases. Give a grain of pure calcium sulphide three to seven times daily, adding hydriodic acid in full doses as much as the patient can take without causing iodism, to stimulate the absorbents to remove the obstructing debris. Continue this until the breath smells of the sulphide, and then reduce the dose one-half, and continue for a month. It may be that the way will be opened up, and the impotence and sterility be cured at the same time.

The foregoing covers most of the cases that come under the physician's care. With the cases of manifest sexual mismating, where the size of the organs is such as to render normal union between that man and woman impossible, the question is one of the propriety of divorce. When each surrenders to the partner the exclusive right

to sexual intercourse there is an understood contract implied that the mate shall give due and normal satisfaction in this respect. If this is not the case, the party is defrauded of one of his or her most important rights. If not content to forego the pleasure of sex, the remedy is to be had in divorce, and not in illicit intercourse. And yet society turns from the divorcee and shuts its eyes on the transgressions of the sinner, if only such transgressions be discreetly veiled. But the honest, law-abiding, God-fearing doctor will never hesitate to urge on his patients the only proper course, a course we believe to be right in the eyes of God, regardless of the dictates of society.

A pamphlet before us by Ida C. Craddock, entitled "Right Marital Living," deals with the subject of the sexual act with unusual freedom. Her idea is that a division is to be made between unions for procreation and those for pleasure alone. In the same way she divides the sexual organs of the woman into "love organs" and those intended for conception. She advocates the control of the function so that with the man the act is at first stopped just before the orgasm, until he finally learns to go through the orgasm without ejaculation of semen.

That this may be learned is perhaps true, but that it is desirable is not proved. It has been taken for granted that the reabsorption of semen

is a benefit to the man, but we have as yet found in our somewhat extensive reading no attempt to prove this assertion, and there are *a priori* reasons for doubting it. The principal one is the remarkable way in which the propagation of the species is provided for, and the enormous waste of semen permitted, in order that a single child may be produced. In spite of all reasons based on the laws, customs, and usages governing society, Dame Nature comes to assert herself at every turn, and demolish these artificial hindrances, to the consternation of the scheming mother and well-drilled daughter.

It is safe to assume that nature's way is all right until we know a better, and the notorious fact that some men habitually lose enormous quantities of semen without apparently being the worse for it, would throw a doubt on the necessity for reabsorption. The writer was informed at the silver wedding of an acquaintance that he had had sexual intercourse during the 25 years regularly ten times a week. He was a remarkably youthful grandfather in appearance, well and hearty, and an active business-man of good repute, with not the least evidence of degeneracy or exhaustion. Such instances are uncommon, but on the contrary there are many thousands of men to be found who approximate it.

The first harmless excesses of the honeymoon over, the vast majority of couples properly

mated settle down to that degree of indulgence that is natural to them, let it be once a month, once a week or once a day ; whenever the seminal vesicles of the male become distended or the wife's sexual appetite arises, intercourse is had, without a thought beyond the pleasure of the moment. And if this is done thus naturally, throughout a long life, no harm results, and a happy sexual life terminates in a hale and hearty old age. But if the sexual function is unduly stimulated by lascivious books, pictures, thoughts and conversations, intercourse is indulged in too freely, and the sense of exhaustion follows. With a man who has been accustomed to quiet natural sexual life, with the wife at his side, ready to join him at proper intervals, it is not usual for intercourse to be too frequent ; but when there appears on the scene the strange woman, of strong sexual propensities, and the ardor of pursuit with the incentive of illicit passion arouses the sexual instinct to unhealthy activity, harm will result, especially if the man has reached that time of life when he would naturally find his appetite subsiding.

When intercourse in the natural way is looked upon as undesirable or wrong, whether it be that the wife is anxious to avoid maternity, or that either becomes infected with the idea that intercourse except for procreation is sinful, we may look for trouble. The denied party will more

than likely seek outside the family for the enjoyment that is refused at home, with disastrous effects on body and soul; or mentally becoming warped, will be known as a "crank," devoting to the consideration of sexual and kindred subjects much time and thought that would be better given to the home, to business or to the soul's welfare. Whenever we begin to interfere with nature in this matter we stand an excellent chance of doing harm, and very little of doing good. It is an undisputed fact that the best chances for health and longevity both for the man and the woman, are to be found in the enjoyment of happy, well-mated wedlock.

One fact insisted on by Mrs. Craddock, and perhaps not sufficiently emphasized in this paper, is that the woman's instincts being rather towards maternity than to intercourse, she is much slower in coming to the point of desiring intercourse than is the husband; hence the wisdom of the latter waiting until his partner is unquestionably ready before beginning the embrace. This, and the love-making by which sexual appetite is aroused, may be left to the instincts of each right-minded man; but no one should selfishly or thoughtlessly forget that the God-given relation is two-sided, and that without harmony and mutual enjoyment it becomes a mere masturbation to the body and mind of the one who alone is gratified.

CHAPTER XI.

WOMAN SEXUALLY.

Sexually, women may be divided into four classes :

1. Some women will experience the sexual orgasm as soon as the penis enters, or even when the gynecologist makes his examination.

2. Others participate with their husbands equally, the orgasm occurring with both at the same time. If either party tends to come too quickly this may be prevented by an effort of the will, or by varying the motion so as to delay the climax.

3. Many others are simply excited by intercourse, and by no such practices as alluded to in the last paragraph can they participate with their husbands in the sexual orgasm.

4. Some women are devoid of sexual desire and sensation, their genitals having no more pleasurable sensation excitable than the fingers, and not as much as the lips or breasts.

As to the proportion of each class, it is impossible to make an approximation. Many women refuse to inform even their doctors as to such matters, while others, ashamed either of the existence or absence of passion, do not tell the truth. The stories of libertines are not

overly trustworthy, consequently there is no evidence accessible that will warrant more than a guess. Very few men can speak of, or compare more than one or two women, and their views are based on personal experiences that may be exceptional. But from such evidence as we have been able to collect, we venture the opinion that the first class comprises five per cent. of married women, the second fifty per cent., the third thirty and the fourth fifteen. The possibility of error in this estimate is fully one-half, in either direction

Ideal matrimony is exemplified in the case of women of the first and second classes. There is something in a perfect sexual mating exceedingly difficult to comprehend. It is not the mere physical pleasure by any means; but the most perfect and intimate union of which man and woman are capable, a consummation of the most intimate commingling of two souls. "And they twain shall be one flesh." It is in such cases that husband and wife grow to act, think, feel and even look alike, as years of such union go by. Infidelity on the part of either is exceedingly rare; the very thought of union with another is disgusting, and sharing with a third party the sweet secrets of the marriage bed seems a sacrilege. Poverty and hardships, misfortune and privations, only rivet the bonds and draw such pairs closer. Better a bed of leaves by a hedge

with the one loved mate than a palace with any other. Happy are the children of such a pair. An atmosphere of perfect love and confidence envelops them, they imbibe the ideals of purity, mutual respect, lofty principles, from their birth; and the memory of such a home never leaves them in after life. For there is no such thing as a standstill in our moral development, and such perfect love impels one to bring his best thoughts, ideas, work, to the wife, and to increase her faith by deserving it more.

This is no fancy sketch. He who sees nothing beyond sensuality in such a union of man and woman has but a limited and perverted vision. Take the best and happiest pair of your acquaintance, and you will find that normal sexual relations form the foundation of their lives.

How different is the picture presented by the third group. Family troubles begin almost with the wedding day. The bride may know nothing of sexual life, yet her instincts tell her she is defrauded, and contempt for her husband usurps the place of love. And when she compares notes with other wives the contempt deepens into loathing. What is there a woman may not do who finds herself defrauded of her marriage rights? She has surrendered to this one man the exclusive right to approach her sexually, but he fails to fulfil the duty of giving her due satisfaction. Sexual congress not only fails to satisfy,

it arouses her passion and leaves her in a distressing state of disappointment. She grows nervous, fretful, complaining. Little things annoy her that she would not otherwise notice. Little unpleasant ways of the husband serve as points on which to vent her irritability, and her conversation finally degenerates into a ceaseless scolding, or she sinks into chronic invalidism. If the passion aroused is inappeasable she resorts to masturbation, or if circumstances permit, she finds solace with a paramour. In this way her happiness returns; she blooms again, her family relations are pleasanter because she grows circumspect, to blind her nominal husband to the new relations. But oh, the immeasurable contempt she feels for him, whom she justly regards as the cause of her fall! For fall it is. Just so surely as a perfect sex-union is ennobling, so surely do illicit sexual relations lead to moral debasement. Living in conscious wrong-doing poisons the well-springs of the being, while the secrecy develops the arts of hypocrisy, falsehood, deception and the door is opened to the whole train of evils. How many such husbands have received their quietus unsuspected, to make way for the lover.

The husband may be too engrossed in affairs to note the tragedy being enacted under his eyes. He satisfies his sexual impulses unthinkingly, indifferent or unknowing his wife's needs; for

many men are unaware of woman's sexual needs. He has drawn a blank in the matrimonial lottery, but he has no time for home affairs, and as long as his meals are cooked, his bed made and he is not unduly bothered, he pays the bills and goes to business. But many seek elsewhere for the home they do not find at their house, and illicit connections are not uncommon with such men.

Such marriages are failures, and from them spring a long catalogue of ills; beginning with sour tempers, spoiled lives, unhappy homes, nervous prostration, chronic invalidism, masturbation, hysteria, adultery, suicide, insanity, murder.

Truly, this is not a little evil we are considering, but a very Pandora's box of calamities. And all this because men are ignorant of their wives' physiology.

The fourth class comprises the women who by nature are nuns. Passion to them is an unknown tongue. They marry, are happy wives, receive their husband's embraces with some wonder, with pleasure that they can gratify him, or with more or less resignation. They are apt to believe intercourse should be for procreation only; and having few or no children, they devote themselves to society, church or fads. But there is some glimmering consciousness of the life from which they are shut out, and they may be desperately jealous, fearful lest their husband falls in with one of those dreadful women who enjoy

sexual pleasure. Nevertheless, they are apt to be model housekeepers, clean and pure in thought and act, loyal to their homes, and faithful to their husbands, though rather trying from their impossibly lofty ideals, based on their ignorance of the actualities of whole men and women. The eunuch is her ideal man, and while her husband's grossness in desiring sexual intercourse is tempered somewhat by the assurance that it is only towards her that the carnal impulse is directed, yet she strives unceasingly to "purify" him of this degrading propensity. With what success we all know; and the poor man's derelictions are looked on by most other men and women as not so culpable under the circumstances.

A clergyman, who writes under the name of "Clerico-medicus," says: "You express the same opinion as I, viz., that the act of sexual intercourse is not primarily viewed in the mind of man or woman as a means of procreation, but rather as the closest, highest, and the most intimate embrace and demonstration of love and devotion possible to human nature.

"Now, while I believe the above to be true in many cases, I cannot disguise from myself, what you must also know well, that a very large proportion of women seldom, if ever, experience an orgasm in the sexual act, resulting in a large proportion of these in great irritation, ending

either in disgust for or indifference to the sexual act, the immediate result being a wide-spread infidelity on the parts of the husbands, an infidelity I have abundant reason to believe would not exist if the matter were otherwise.

“Dr. Liston asks the question, ‘Isn’t aversion to or passivity in the sexual act, on the part of the wife, the origin of a great deal of connubial infelicity?’ I have come largely into contact with data relating to this subject, and I answer Dr. Liston’s question emphatically in the affirmative. He asks another question which is the base of my present inquiry: ‘What per cent. of women in fair health have neither passion for nor pleasure in the copulative act?’ Of the former I should say twenty-five per cent; of the latter fifty per cent; while there remains twenty-five per cent with very strong sexual passion. When we come to examine, however, the question as to the lack of sexual passion, many things must be considered.

“In the first place, is it natural for the female in *homo sapiens* to experience an orgasm in the sexual act? Now here is the main issue of the present problem. Dr. Bacon states that ‘women are more frequently satisfied with courtship than men, and it is often the case that they prefer it to sexual intercourse.’ This is true, but I totally disagree with Dr. Acton, of England, that this represents the average woman naturally.

It is well known that the average husband would much prefer his wife to reciprocate in the sexual enjoyment; that if such mutual gratification would be more mentally and physiologically counseled, it would tend to lessen domestic infelicity, divorce, court scandals and prostitution."

"Clerico-Medicus" says in a letter to the editor: "What per cent. of women in fair health have neither passion for nor pleasure in the copulative act?"

"Acton affirms that the majority of women are not much troubled with sexual feeling of any kind. What men are habitually, women are only exceptionally. As a general rule, a modest woman seldom desires any sexual gratification for herself. She submits to her husband's embraces, but principally to gratify him.

"Now the above opinion, followed by Napheys, Warner, etc., I have reason to believe is absolutely erroneous, and though truly founded on observation, has nevertheless been falsely assumed owing to a lack of study with respect to the origin of appearances. I believe it to be true that the average married woman submits to the husband's embrace with the sole idea of gratifying him; and I further believe with Dr. Acton that except for the object of maternity, the majority of married women would prefer their husbands' caressing to confine itself to external endearments. I

do not believe, however, that this action emanates from a lack of sexual desire, as Dr. Acton infers, but is simply first owing to a lack of completion of the sexual function, which leaves the woman in a more or less unsatisfactory and often highly irritated condition; and secondly from, under these circumstances, what we cannot but call the filthy state in which the female is left after sexual contact.

"If the marital act is to be followed by that harmony between husband and wife so essential to domestic peace, it must be based both upon mutual affection and mutual physical satisfaction. This statement, however, is directly met by Dr. Acton's assertion that the majority of women are not troubled by sexual feelings of any kind. But were this so, then masturbation would be almost unknown amongst women, whereas, on the contrary, there is much reason for believing that it is more widely practised by women than by men, and especially by married women. Should this be doubted, I must refer the reader to Havelock Ellis' second volume of his "Psychology of Sex," where such a wealth of information is given on this point that all doubt will be put to flight. The variety of instruments constantly being removed by the physician from the vagina and bladder is truly surprising; instruments inserted for auto-erotism, which the

patients have been unable to remove without surgical aid.

"In China a phallus is publicly sold and used by women. Indeed, throughout the East generally artificial male instruments are common, and even in France, Italy, and presumably other European countries, they are well-known and used. When the Spaniards first arrived at the Philippines, they found that masturbation was universal, and that it was customary for women to use artificial instruments for gratification, the Japanese Rin-no-tama being the most perfect piece of mechanism in this department.

"Now all this is but the old story, told by Aristophanes of the instruments used by the women of Miletus, which we see again in the museum of Naples amongst the articles found at Pompeii, which ought to have convinced students that women take as much interest in sexual matters as men. But why, if this is so, should appearances, or perhaps I might rather say, the experience of married men with their wives generally tend to bear out the statement of Dr. Acton?"

Dr. S. S. Wallian says: "With many women the act is not only devoid of romance and pleasure, but is a source of unmitigated disgust and of acute mental and physical suffering. With others indulgence is of the passive kind, and is so insipid and spiritless that abstinence is an easy

virtue; and such can have no charity for those whose sexual ardor turns their hearts, as it were, to fire and their blood into molten lava. As a rule, the male is far more passionate than the female; but the rule is subject to the usual exceptions. There are also women in whom the sexual passion fairly predominates. They may be outwardly virtuous, observing the proprieties enforced by society usages, but it is almost impossible for them to look on a comely man without ardently longing to embrace him. In some extreme cases they restrain themselves only by the most intense and constant effort of will, their whole natures being suffused, and passionate tears filling their eyes whenever they witness suggestive plays, or listen to passionate music. Many others who are, perhaps, in some sense, really quite as passionate, do not suspect the origin of their inner promptings and passion-hunger. Oliver Wendell Holmes, that keenest analyzer of human passion, on its æsthetic side, says, in substance: 'Blessed is the woman who can take refuge in music; it gives her an outlet which often proves a saving factor.' And what braver utterance has escaped the lips of woman than that of Anna Dickinson, when, in a lecture on the social evil, delivered twenty years since, she said, in substance:

“‘As human beings, as respectable men and women, let us not be prudes or cynics, let us

frankly admit that we all have passions, and that there are times when it seems as if they would sweep away all barriers and assert themselves, in spite of the will, in spite of society, in spite of all practical, prudential or moral considerations. But we can, if we will, make them our servants instead of our masters. Instead of goading us on to sensual indulgence, and proving but a source of weakness, they can be made a source of strength and inspiration for our other work. We can find legitimate outlets for the lustful ardor that lurks in all our natures.' ”

Dr. T. W. Williams says: “It must not be forgotten that there are exceptions to all general rules. There are occasionally ‘does’ as well as ‘lionesses,’ among the females of the human species. Were all women alike in this respect, wedded love would lose one of its chief physical advantages over promiscuous intercourse. The pair should assimilate themselves to each other, the one cultivating greater readiness, the other continence, until the correspondence is perfect. During a lifetime, one meets perhaps one or two exceptional cases in which women are sexually aggressive, and capable of experiencing the orgasm, at short intervals, twelve or fifteen times in succession at one *seance*.

“I have myself met with two instances of the kind, one of whom was one of four or five sisters

- similarly constituted; all were natural, healthy women too, and perfectly capable of exercising self-control. There was no morbid condition of the clitoris, none of the usual *insignia* of nymphomania. One of these was brought to me by her husband, who thought there was something wrong with her.

"Now, Doctor, what would have been your advice in such a case? It may interest you to know what mine was. I told the gentleman, after making an examination, that his wife was all right; that the trouble was with *himself*. I advised him to cultivate *continence*, and I gave the same advice to the wife. I told him to simply remain quiescent, adopting what the editor calls the 'Zugassent method,' to the extent of reserving his discharge until the last round, although I had never heard of Zugassent then. This proved successful, and this man attained such control as to permit her to experience the orgasm a dozen times before 'letting go' himself."

Dr. Belcher says: "A woman in physical health, who does not or cannot respond to the embraces of her husband and feel with him the rapture of the satisfied love, naturally accompanying true physiological sexual commerce, is certainly losing a great deal of the pleasure of this life, and is greatly to be pitied; equally so is her husband. The 'conditions,' however, are for both parties concerned, fortunately rare, but that they do present themselves is equally true."

Dr. B. F. Meyers says: "We are persuaded that much unhappiness is engendered in the home as a result of ungratified sexual appetite on the part of the wife, and we have reason to believe that there are hundreds of husbands who do not know that there is such a thing as female orgasm. With some men the act continues just long enough to rouse the passion of the wife, and then leave her with every nerve calling for the satisfaction she cannot receive.

"Is this not enough to turn the love of any woman into profound disgust? No wonder her love and admiration for that man cease. The great surprise is that she will tolerate him at all."

There are women and women; and some require, some enjoy, some desire coition much more frequently than others. With many once a month is enough—more will injure their health. I do not agree with those who affirm that women bear intercourse better than men. Some women may, but very many do not. In fact, were I to take my own investigations as indicating the general truth, I would conclude that the average man requires about three average women to mate him. I have known women who have felt like murdering their husbands from the irritation due to too frequent calls for sexual congress. I have not the least doubt that murder has been done for this cause. The husband should ascertain what is normal to his wife in this matter and never exceed it.

CHAPTER XII.

IMPERFECT DEVELOPMENT OF THE FEMALE SEXUAL ORGANS.

With women the difficulty is often due to non-development of the necessary parts of the sexual apparatus. In some cases scarcely a trace of the clitoris can be found; in some there is no trace of sexual sensation, none of the tissues exhibiting any evidence of excitement.

A girl married at 19, bore two children and miscarried three times, became a widow at 26, married again at 30. Up to this time she had never experienced the slightest sexual sensation, being one of the cases described in the fourth class. One year after her second marriage this condition still existed. She then came under the care of a physician, who made a careful examination and discovered an undeveloped glans clitoris, wholly adherent to the prepuce. The glans was dissected out and the prepuce re-trenched, care being taken to prevent re-adhesion. The clitoris soon began to develop, sexual appetite awoke, and was satisfied, at first with difficulty, but at the end of another year she had become a healthy, normal, whole woman, participating fully with her husband, and as she her-

self said, knowing now first the meaning of perfect happiness. Her temper had won her the repute of a vixen; her husband now claimed her as "the most amiable woman on earth." The change in this lady's disposition was acknowledged by every acquaintance.

Clerico-Medicus says: "Dr. Bacon says that Morris claims that about eighty per cent. of women of the Caucasian race have the glans clitoridis covered by the prepuce. Dr. Bacon advises that the glans should be freed by operation, which freeing would result in normal termination of the sexual act on the part of the female. Now I do not think an operation at all necessary. I think adjustment all that is required. Gray's Anatomy speaks of a free glans clitoridis, but I think this is seldom free in women of the Caucasian race, being usually entirely concealed behind the mucous membrane as Jewett indicates, if I am not mistaken. Eighty per cent. of our women having to be operated upon to enable them to achieve an orgasm more readily, seems absurd, and leads me to assume that no such operation is necessary, all that is required being more thought by the male for the other partner, and a better adjustment than usual, with perhaps a change of position. Finally, I may add that Dr. Warner agrees with Dr. Acton that woman takes less pleasure in the sexual act than man. Here is the main issue: Is this natural? I be-

live not, since there is far more masturbation amongst married women than amongst married men, resulting from a want of gratified sexual feeling in ordinary copulation, which again results from want of consideration on the part of the usual husband, not selfishly but ignorantly."

Dr. Belcher says: "When plethora exists, exercise should be advised, not violent (as the heart, in these cases, should be considered), but regular and thorough, not, however, to a point of fatigue; with cold sponge baths in the morning, massage, a course of vichy and Kissengen, as indicated and required.

"In chlorosis or any form of anemia, particularly when accompanied by nerve storms, massage is of undoubted service, and iron and nux or arsenic should always be administered.

"Negative local faradization of the inner womb is of wonderful efficacy in anemic conditions, in stimulating the monthly congestion of the pelvic organs, so necessary to normal menstrual manifestations, as is viburnum in full doses and the hot sitz bath at bedtime.

"Many cases will require damiana fld. ext., one dram, four times a day, with twelve drops of Freligh's tonic between meals and at bedtime in wineglass of water.

"In all cases make these women clean thoroughly. Use the magnesium sulphate, 'the best broom on earth,' as exhibited in Abbott's

Saline Laxative, which, after thorough and extended use, I find the best preparation of Epsom I have ever used. With this, pay particular attention to her liver and keep the bowels clean with Epsom. When once sweet, keep it sweet. Cleanse the sexual apparatus and keep that clean. One thing you will note as you make further study of these cases, that these passive creatures have many of them been so very passive that a bath won't hurt them, so clean them—skin, bowel, sexual apparatus and the blood. Use nuclein, iodide arsenic, ferrum, or the alterative plants, as indicated.

“Before I close, however, I wish to write of one particular class of women, when I will burden you no longer. Those women who, through great fear of pregnancy, study diligently how best to subdue the natural passion within them. For years this thought is their constant companion, and in time the mind with them rules matter. They are unsexed, but not necessarily permanently so. The first maneuver in a case of this nature is to instruct the woman that by the use of the veil pessary or the flexible stem pessary, and the use of the cleansing douche, her fear may be dissipated.”

Dr. George S. Stell, of Paris, Texas, thus writes of *Surgical Relief of the Clitoris*: “If this body is the seat of a woman's pleasure during sexual excitement, it stands to reason that it has a great deal to do with woman's mental and

physical economy. If perchance the glans should be left enclosed by the prepuce we have a phymosis, the same as with the male organ. Look at the literature upon the evils of similar conditions upon young boys. They are listless, indolent, melancholy, cross, feeble, without ambition, epileptic, they masturbate from desires formed by the irritation from retained secretions. The same applies to girls with phymosis of the clitoris. Imagine the effect on a person with an erectile organ whose every attempt at erection should be resisted by impeding tissues, giving rise to numerous obscure reflex symptoms simulating ovarian and uterine colic or engorgement, anemia and chlorosis, nervous distress, hysteria and insanity. While treating several boys for general nervousness, masturbation and fits, I circumcised them with fine results, and having a similarly affected case in a girl aged 16, treated unsuccessfully by three good doctors, I thought I would see if she did not need circumcision. She did. It was done; she got well and grew to a splendid physique.

“A neighbor who had suffered untold misery at menses, applied for relief. She had suffered from childhood, coitus was distasteful, nauseating, with ovarian colic for hours. I operated with magical results; she became contented and a new woman, with proper sensations at coitus, menstruated normally and free from pain.

"Mrs. C., age 33, French, of fine proportions, under treatment for five years, with temporary relief; mother of five children. Suffered severe ovarian neuralgia, lumbar pains constant, otherwise no pain except upon menstruation, when she had to take to her bed for two or three days. The clitoris was bound down by fibrous bands, vagina normal, cervix engorged, clear cystic tumor on its upper lip, sound entered uterus readily. I removed the bands from the clitoris, and excised the tumor from the cervix. She made an uninterrupted recovery, menstruated three weeks afterwards unconsciously, and so freely that it showed through her clothing. All aches, neuralgia and feebleness disappeared and for two years she took no medicine, being perfectly well. The principal trouble being the bound-down clitoris, she noted a marked increase of pleasure at coitus.

"Last case, aged sixteen months, masturbation and vicarious menstruation. The clitoris was agglutinated to walls by contracted prepuce. The parts were well cleansed and rendered free from sepsis as possible, a longitudinal slit was made over center of clitoris, and with gentle traction on sides the glans was freed, care being exercised so that the clitoris was not injured by bruising, cutting or pulling; when adventitious tissue was well broken up used carbolized vaseline to prevent reunion, otherwise a scar tissue

might form and create worse trouble.

"Sometimes it may be advisable to snip out a corner of each lower edge.

"That this baby masturbated is beyond question. She would lock her legs together, fasten her feet crossed, and by beating them together impart a peculiar motion that extended to her waist. As she completed the act it would be noted by panting and a twisting of her entire body. She would generally drop off to sleep at first, but towards the last she got so peevish, cross and such a screaming torment that I was consulted. Recognizing the condition I advised close watch with separation of feet and knees when she began the practice. She would yell, claw and kick when this was done, but by perseverance she was prevented for one week, when she began to quiet down; after two months she had quite a free passage of almost pure blood *per rectum*. I thought it an acute enteritis, but there was no pain, no griping and no fever. I gave mild remedies, but the passages continued for about one week; never any mucus; bowels constipated before and very much so at cessation. Two weeks later two teeth appeared; two weeks after this, another passage of blood. I gave a purgative with good results. Several bloody passages occurred at night and early morning, each season. I examined the anus, rectum and labia and found nothing abnormal except the

bound-down clitoris. This I freed and like magic she was relieved, and has neither masturbated nor menstruated since. I tried to think that teething, constipation or injudicious eating might be the cause and yet, if so, why are not more babies so affected?"

Dr. Denslow Lewis advises that, when the glans clitoridis is imperfectly developed, this shall be remedied by applying a small air-pump and exhausting the air, in the manner used to develop the female breast, and the penis.

Quite recently it has been claimed that the sexual appetite, and ability to satisfy it, follows the application of tincture of echinacea to either the clitoris or the glans penis. Diluted tincture of cantharides has been similarly applied.

Dr. A. S. Waiss has reported several operations to free the glans clitoridis from its prepuce, with success in relieving various neurotic manifestations, and enabling the woman to participate normally in the sexual orgasm.

Taylor states that in India men plunge the hands into basins of cold water to delay orgasm.

CHAPTER XIII.

AFFECTIONS OF THE MALE SEXUAL ORGANS CAUSING IMPOTENCE.

The causes of the difficulties under which women of the third class labor may be found in the man, the woman, or both. The universal complaint is that the husband completes his orgasm and the erection subsides before the wife reaches the point of gratification.

In very many cases the ejaculation is abnormally quick, and a sound passed into the husband's urethra will discover abnormal irritability, especially in the prostatic portion. The hyperesthesia may be cured by daily injections of a few drops of euophen-aristol with petrolatum into the affected region. Strictures, phimosis, gleet, cystitis and any other affection found should be treated effectively. Even varicocele may require attention, a suspensory bandage or retrenchment of the redundant scrotum.

Dr. Geo. C. Pitzer, of St. Louis, says: "The majority of cases of sexual weakness result from disease in the urethra. Some men complain that they have not the keen desire for sexual intercourse enjoyed in former days. They sometimes

fail to complete the act; or are over-sensitive, and hardly come in contact with the opposite sex, when an imperfect orgasm occurs, the virile organ at once becoming flaccid and incapacitated for further efforts. In some cases an erection is impossible or very hard to excite. Some patients suffer from emissions at night, and notice a ropy mucus passing after stool or urinating, and sometimes seminal fluid escapes with the urine. Some complain of dull headache, forgetfulness, feeble will-power, pain in the back, palpitation, dyspepsia, constipation, weak and dizzy spells, weakness in the legs, especially the knees, cold hands and feet, and occasionally feelings of impending danger. The countenance wears an anxious expression with distress and melancholy. Tired feelings, loss of ambition, drowsiness and yet inability to sleep well, are not infrequent. Paralytic symptoms are not uncommon, and actual paralysis of the bladder or other parts of the body, may result from causes that produce the symptoms above detailed; and mental weakness or insanity may result.

“When we come to seek for the source of these troubles, we find that most have resulted from masturbation, sexual excesses or gonorrhea; many actually suffering from stricture of the urethra, or gleet, not one in a hundred being free from some kind of urethral irritation. A patient may know nothing of it till an examina-

tion, then he finds that he is exceedingly sensitive.

"Such conditions are entirely competent to disturb the whole nervous system. Any irritation in the urethra, prostate, testes, or even about the anus, has a tendency to weaken the generative function. The reflex action upon the lower portion of the spinal cord, from the continued irritation of the genital nerves, results in exhaustion, sexual weakness, and final impotency. Of one hundred and seventy-one cases of impotency coming under Gross' observation, one hundred and fifty-nine depended upon urethral disease.

"Electricity is the remedy for these local troubles. Properly applied, it relieves the congestion; granulations and thickening of the mucous membrane and gleet all disappear, sexual appetite and vigor return. I have seen bad cases of gleet, and a few cases of sexual weakness without gleet, of two or more years' standing, that had resisted all ordinary treatment, disappear in two or three months under proper electrical treatment. Other cases require more time. Galvanism, applied with a flexible electrode, armed with a metal tip as large as can be passed through the smallest place in the water passage, the negative pole, from four to six milliamperes, from one to five minutes, one to three times a week, is the proper treatment. The positive pole may be held in the hand by the patient.

"We have cases of a nervous character some dating back to early boyhood; with no disease of the urethra. These require suggestion, nerve-tonics and static electricity. Suggestion itself is a great help, for we meet few diseases where the mind and body are more in sympathy; and no agents work more in harmony than static electricity and suggestion. Properly managed, it is marvelous what happy changes we can bring about in marked cases of nervous debility and melancholia by the use of suggestion and static electricity.

"As the local troubles disappear, if the patient is not gaining in sexual strength as he should, we place the positive electrode of the battery over the lower part of the spine, while the other is in the urethra, and we rapidly break the current. This effectually electrifies the whole generative apparatus and re-establishes the healthy nervous current between the spinal cord and generative organs and cures the sexual weakness. However, as these patients are relieved of the local troubles referred to, they generally gain rapidly in sexual strength, and forget their general nervous ailments; in fact, they disappear as if by magic as soon as the natural functions are restored. If they do not quite recover under the above treatment when the local troubles are removed, or if the case is wholly nervous, we re-

sort to static electricity and special sexual tonics, as above detailed.

“In the application of static electricity to these cases the patient should be placed upon an insulated chair and sparks drawn from the spine, especially from the lower part of the spine, each sitting from five to ten minutes. The sparks should be as strong as the patient can tolerate without discomfort.”

Frequently when a sound is passed through the urethra to the bladder sensitive spots will be found, at various depths, not dependent on stricture or ulceration. These generally give way to daily applications of Euarol, with dilatation if there is narrowing of the channel. But men are not alike in their reaction to remedial agents, and in some cases Euarol does not benefit. The silver salts here may effect a cure: Protargol being applied in 1 to 10 per cent solution or even stronger. As in many other cases the rule holds good, that the local application is more effective the more closely it is limited to the diseased surface. At the same time the tissues if relaxed should be condensed by the internal administration of berberine in doses of 0.01 (gr. 1-6), seven times a day. If the bladder is irritable or the urine irritating, much benefit accrues from the administration of arbutin, in doses of 0.01 (gr. 1-6) seven times a day. This subdues mucous irritability and exerts an astrin-

gent-alterative influence over the entire genito-urinary tract. If there is a discharge, the remains of an ancient gonorrhea, the dose of arbutin may be increased to 1.0 (gr. xv) or even more *per diem*, with most excellent effect.

While the somatic aberrations are being remedied and the mucosa restored to its normal condition it is usually advisable to forbid sexual exercise in order to give rest to the apparatus and store up energies exhausted by too frequent depletion. Cyripedin accomplishes this purpose admirably, checking the tendency to emission and storing up sexual power until it is needed. The patient should be made to understand that this is the effect of the drug, otherwise as he notices the lessening of sexual desire and cessation of emissions, he will become frightened and cease taking the granules. If he is difficult to control in this respect, and it is deemed essential to postpone the exercise of the sexual function, ten grains of calcium sulphide daily will accomplish this object quite certainly.

When there is a relaxed condition of the seminal vesicles with prostatic engorgement and hyperesthesia, the injection of Protargol solution, 1 per cent, into the prostatic urethra, has a remarkable tonic effect. Iron tannate, in suitable strength, has also proved effective as a local astringent tonic.

In some cases the local treatment irritates, or fails to exert any influence whatever. The seat of the malady is then the spinal cord. The treatment is the use of the spinal ice-bag, or hot-water bag, zinc phosphide internally, and intestinal antiseptics, with a carefully arranged regime, dietary, etc. Such cases cannot be treated by rule, but require careful study and individual prescribing.

These preliminaries settled, we come to the direct treatment of feeble erection. It is most unfortunate that this has not been differentiated from deficient secretion and failing desire, and a general prescription has usually been given, combining remedies for all three conditions when but one was present. As an invigorator of erections the most powerful remedy is without question Yohimbine, gr. 1-10, repeated hourly until the erections are normal. It does not affect desire or secretion but rarely fails to produce powerful erections. The application of tincture of echinacea, nuclein solution, glonoin, and various local stimulants, to the surface of the glans of either sex, has proved successful in numerous instances. All these tend to lose their effect in time, the delicate surface becoming callous, under repeated stimulation. The application of semen to the glans penis has not produced any local stimulation whatever in our experiments.

Nor is there any specific influence in any one of the local irritants recommended, capsicum, nettle oil, euphorbia or cantharides. Spirits of camphor has been applied to the clitoris to excite it to the possibility of producing an orgasm with success.

For deficient testicular secretion the orchitic extract has proved effective. This seems to act simply by furnishing material for the easy elaboration of semen and its use appears to be harmless. Possibly there may be some advantage in administering by the rectum and thus permitting absorption directly into the pelvic tissues. Nuclein solution, in doses of m. x, four times a day, powerfully stimulates secretion and desire as well.

In the most extraordinary case ever coming under the writer's notice, a woman who experienced ten to thirty orgasms daily, without apparent harm, a dozen raw eggs were taken daily. Possibly this huge supply of living protoplasm enabled her to accomplish this feat with apparent impunity. Raw oysters, clams, beef, the testicles of animals, cock's combs, truffles, mushrooms and shell fish generally, have the reputation of increasing sexual power, but sufficient evidence has not been presented. It is questionable if even sheep's testicles, the so-called "mountain oysters," possess any special virtue after be-

ing cooked. But as to the efficiency of the raw testicular extracts and of nuclein, the writer has no doubt. Many experiments made with and without the patient's knowledge, have afforded convincing proof. Glonoin applied to the prepuce sometimes causes erection, but more often induces headache, absorption being exceedingly rapid; but in no case coming under our notice has it caused any sexual desire.

While a diet of rich food, meats and spices, tends strongly to arouse sexual appetite prematurely in children, it also tends to its early extinction. The uricemic meat-eater is apt to become impotent soon after 40; and this is a condition of exhaustion, amenable to treatment temporarily, but becoming permanent if the sexual function is not exercised with the moderation appropriate to the age. Too often the restoration of vigor is followed by renewed excesses, which rapidly exhaust the scanty resources which, properly husbanded, might have prolonged the active sexual life into old age.

The best diet is that most accurately arranged to meet the needs of the individual, his expenditure of force, his need of caloric, his digestive capacity. The bowels must be kept free and aseptic. Nothing is more disastrous to sexual vigor than constipation and autotoxemia. A small dose of podophyllin at bedtime, with a

mild saline laxative on rising, will sweep out the toxins from the alimentary tract and refresh the whole group of digestive organs. A nicely balanced diet, due rest during the digestive process, reinforcing with diastase, pepsin, hydrochloric acid or caroid, due physical exercise, the skin kept in condition by suitable baths and toweling, will not only enable the man to do more work, of better quality, than is possible with the ordinary regime of the modern man of affairs, but will enable him to utilize to the full whatever sexual capacity nature has endowed him with. And more than this no man has any right to ask.

It seems to be assumed in all these cases that the malady is premature ejaculation on the husband's part. It would be wiser to term it a case of misfitting, since it is at least equally reasonable to place the blame on the wife's slowness. This would indicate the advisability of examining and treating both, instead of confining attention to the man. Very often intercourse is attempted because the husband desires it—that is, his passion is already aroused; while the wife, fatigued or engrossed by the family cares, has not had her attention directed that way; hence the husband begins with a long start in the race. Patience, a judicious directing of her thoughts in that channel, and the endearments that need no

description, suffice to bring the minds of both into harmony and the desire of each to the same point.

Phimosis may interfere with the development of the penis. If the foreskin covers the glans it is difficult to keep the latter clean, even when the prepuce can be readily retracted. If the prepuce is completely relieved the glans becomes less sensitive, the sexual feeling less easily excited, less intense, and longer in reaching the climax. Circumcision therefore has its advantages and disadvantages. It certainly renders the man less liable to venereal diseases.

In the chapter designated "Editorial Resume" will be found a number of suggestions which properly belong to this chapter, but are omitted to avoid repetition.

Many men believe their sexual organs are too small and the air-pump has been employed to increase the size of the penis. From many inquiries made, I am convinced that the size of the penis has little to do with the production of the orgasm in the wife. One man applied to me for relief for impotence following the use of a developer. The circulation in the penis is so peculiar that I would be exceedingly cautious about interfering with it. I have never known benefit to follow the use of the developer.

CHAPTER XIV.

CONTINENCE.

Every physician is asked whether men and women can retain perfect health while refraining from sexual intercourse completely. The question is more difficult from the moral considerations involved. We are not only doctors but citizens of the state and many of us are members of some religious body, whose tenets we hold; and our ideas and expressions are necessarily influenced to a greater or less extent by these facts.

Age has its influence. It is not difficult for the man over forty to feel that continence for long periods is easy, and with each year this conviction grows stronger. At twenty years this same man was decidedly of the opposite opinion.

Sex also modifies the views. Most women are continent, for many years even, without the slightest injury to their health. Some are endowed with such passions that their control is difficult if not impossible.

Athletes are as a rule not troubled by sexual desire while in training, the hard physical work absorbing their energies, their digestion being good, their sleep sound. Hard work, mental and physical, plain unstimulant food, healthy habits,

the mind occupied by wholesome thought, cleanliness of body and of associations, conduce to continence.

Slothfulness, the use of rich foods, meat, stimulants, neglect of bathing, association with companions of either sex whose thoughts and conversation run to lasciviousness, lewd pictures, books, obscene plays, all tend to develop the sexual appetite. The more the mind is allowed to dwell on such things the greater will be the secretion of semen and the impulse to evacuate it.

Teach the boy to keep his body clean, to carefully cleanse the genitals twice a day; encourage him in all athletic exercises; carefully scrutinize his associates and discourage those who bear on their countenances the evidences of idleness and self-indulgence; keep his mind occupied with wholesome reading, being careful to suit the books to his age; feed his imagination with the pure and lofty ideals of Scott and Jane Porter; the healthy movement of Oliver Optic; make him omnivorous but with a preference for vegetable foods, by teaching him to eat and digest all that comes to the table, discouraging the tendency to limit his eating to certain things; and above all, make him look to you as his best chum, so that when he first begins to hear and think of sexual matters he will come to you for information. Then give it, truthfully and freely, so that he will know how to distinguish the truth from the

falsehoods that he hears from others. That boy is not going to become a masturbator or a libertine.

In this connection I must say a word on the moral effect of the cold bath. It is unpleasant for any one to step into a tub of cold water unless he is accustomed to it. This world is full of unpleasant experiences, however, and the sooner a boy becomes accustomed to facing unpleasant things boldly the better for him. The consciousness of courage soon comes with its exercise; and the habit of meeting difficulties and finding how they dwindle away or even turn into pleasures when faced, is one that cannot be formed too early in life. Moreover, it is a valuable introduction to that other habit we all desire to inculcate in our sons, that of doing a thing because it is right, even if it requires an effort to overcome their repugnance.

As to the benefits of the cold bath on the health, its power of hardening the tissues so as to render them more resistant to noxious influences, my readers need no instruction. It has been noted that the polar animals in the zoological gardens withstand the effects of heat better than do those coming from the tropics; and the only reason for this that has been advanced is the superior vitality of the northern animals due to exposure to cold.

How the mothers whose children cannot have

a breath of cold blow on them without raising the terrible specter of croup, would deify the doctor who could wipe out this dread! And yet it is merely the persistent use of the daily morning cold bath. How much there is in the simple fact of rendering the child insusceptible to cold, wet and drafts.

Epstein says: "In psycho-somatics as in dynamo-physics there is possible a permutation of powers, because there is in either a conservation of forces. The cephalic and pelvic poles of the cerebro-spinal system are very closely connected. In the vigor of manly life (I do not define the age) the mere thought of sexuality is sufficient to excite the organs of it. I do not know how it is with woman, and if she is anywhere near the ideal wife to him his love is satisfied, but not exhausted. There is a residue of that sexual instinct which can be and ought to be converted into human friendship of the most enduring kind. There are shallow-souled women who cease to be friends after they are married. David and Jonathan are instances of intense friendship in the Bible. So too were Damon and Pythias, the Pythagoreans. But let a man demasculate himself surgically or by psychic repression down to somatic atrophy, and it is doubtful whether he can exercise true friendship. He may become a faithful Cerberus-like watchful eunuch, or a religious communistic fanatic, but never a friend as a human friend is to be.

"It is just among the unmutilated, self-controlled, celibate monks and nuns, that we find the sexual instinct transmuted by severe, long and successful psychic exercise into perfect love to God and suffering humanity. To be sure there are monks and monks, and nuns and nuns, but there are sinless ones, despite all vulgar insinuations. Here, then we see the sexual instinct expressed in pure friendship. The sexual instinct in love is not lust, yet were the sexual instinct extinct there would be no love. There is a vast residue of the sexual instinct in the psycho-somatic organism of man, after the overflow of his vigor is allayed, and that residue is purest love, provided there is a soul-union of the opposite sexes. But there is not a particle of such residue of love left where there never was any but lust, and disgust follows gratification.

"The sexual instinct in human associations becomes evident in the salutary influence which women of the right kind have in pioneer communities. Of these many a community in this country can testify. It is also happily seen in the mollifying influences of coeducation in many of the higher schools of our country. Woman is tender because she is weaker than the man, and as Schiller says of the belle (not the mate of the beau) * * * 'where the tough does woo the fair, where strength with mildness pair, there does come a pleasing sound.'

"In religion, too, which lifts up the burdened children of earth to the freedom of the sons of God in heaven, here man is reasoning, dogmatizing, anathematizing, while woman hears, grasps, feels and believes almost wholly instinctively. Whether religion, at the lowest rating of it, is a mere useful police, or whether it alone satisfies the profoundest questions and longings of the human head and heart, woman without religion is as inconceivable as religion without her. Say what you please about the religion of the Christ, you cannot deny its purity and yet its tremendous power in the world. And where this religion is in its greatest purity, activity and freedom, there women are its greatest promoters. Not ascetic nuns only, which are the exceptions, but wives and mothers who know to love and the joy of it; and just because of it, therefore are they such blessed ministers of the Christ and the power which does for the elevation of the home, and the community, the nation and the race.

"And whence comes this power of woman? It is vain to seek it either in her somatic peculiarities alone, or in her psychic, more delicate than man's constitution. It is always misleading to regard a human being from either the somatic or psychic side exclusively. We have never seen a living human body without a soul, nor can we ever perceive the actions of a soul without a body. We divide these analytically for the mere easy

and thorough study of 'one thing at a time,' but it is a delusion, if we forget that the two are naturally synthetic, not accidentally but organically. When therefore we study the sexual instinct of either sex and determine their mutual dependence upon each other for the propagation of their kind, an ability in which none but the Deity himself exceeds, we cannot but regard these sexual instincts as the basic force of human existence. This force can be converted into various affections, one of which is religion. These spheres of human life lie very closely together.

"This will explain to us how such a thing as a phallic cult could ever have obtained in the history of religion. To explain this on the mere excuse of aberration of mind, is but a shallow attempt. The evil and obscenity of that cult, revolting though it was to the pure religion of Jehovah, and even more so to that of Jesus, must nevertheless have had a pure origin in its beginning; and it is no wonder that it now too is and ever will be a danger for the most religious of the sexes, when they are closely associated, of falling into beastly improprieties, if they do not guard themselves against themselves. Instances of these are, alas, not too rare.

"Let me conclude with the words of the poet Schiller, who has so much of mother and sister tenderness in him:

“ ‘Man judges by reason ;
Woman’s reasoning is her love :
When she ceases to love she is judged
already.’ ”

(*Weibliches Urtheil.*)

Dr. T. W. Williams says: “Enforced continence, I will remark in conclusion, in either male or female, is contrary to the dictates of reason and physiology, and, viewed from a strictly medical point, is abnormal. The continued functional inactivity of any organ or set of organs leads to atrophy and decadence. There is no secreting organ in the body, not excepting even the tonsils, that can be obliterated with impunity. The effects of disease or total removal of those obscure little organs known as the thyroid glands, as is well known, will change the entire mental and physical constitution. The decay of virility is marked first by temporary loss of power, and finally a complete extinction of the functions, and with it the characteristics of perfect examples of the species. In these cases, I consider it good practice to stimulate the orchitic glands to renewed activity, as upon a continuance of their functions the physical and moral well-being of the man depends in a very large degree.”

The same writer adds: “The *Editorial Resume* discusses the ‘reabsorption of semen’ with apparent gravity. This has never occurred normally. It is another of those unverified doc-

trines of the 'Fathers.' Analogy teaches us that it is an impossibility. All the natural secretions are formed for a specific purpose which contemplates their elimination. If they were to re-enter the circulation, it would be as a foreign element. Spermatozoa never occur in the blood normally as a product of reabsorption from the orchitic glands, and if injected into it by the Brown-Sequard method, the spermatozoa are most probably destroyed by the leucocytes, the same as other bacteria. (I believe we may consider them as a more highly developed form of bacteria. I do not know that their culture has ever been attempted, however.) You might just as well speculate upon the re-absorption, or working over, of the bile, gastric juice, or the elements of the urine.

"You may diminish or entirely arrest the secretory functions of any gland, until it becomes atrophied and wasted, from functional inactivity; or you may stimulate any particular glandular secretion until its excessive production becomes a serious tax on the organism; but when the secretion is once perfected in the laboratory of nature, it must be employed or used for the purpose of its formation. By reducing seminal secretion to a minimum, the retention of those elements in the system that are required for its formation, may, within certain limits, and for limited periods, promote vitality and mental activity. But its entire suppression is no more natural than would be the

suppression of the secretions of the liver or thyroid. If this were not true, eunuchs, by retaining all the elements of seminal secretions in the blood, should, *ceteris paribus*, be the smartest men on earth. We all know on the contrary that the greatest mental and physical activity has ever been associated with perfect sexual organization. With the decay of these organs, the 'sere and yellow leaf' of senility speedily overtakes man. There is no question in my mind, but that the physical and mental powers are retained longest in those whose virility lasts longest.

"In this physiological truth we find our warrant for employing our art to maintain the functions of sex at par. The fact that a single discharge of seminal fluid contains the germs of a whole regiment of human beings, if afforded opportunities for germination, while only one or at most two or three of those germs out of hundreds of such discharges ever has the opportunity of fertilizing an ovum, shows conclusively that propagation, although the most important, is by no means the sole object of the genetic function."

CHAPTER XV.

MASTURBATION.

Children should sleep on a hard bed, with just enough covers to keep them warm, and always and emphatically alone. Never permit the child to spend the night with its playmates, or have them to occupy the same bed. Parents are apt to forget that their child is getting older every day. A boy of ten was put to sleep with a girl of fourteen, 'taken to raise;' curiosity led to investigation, the contact with the body of the other sex aroused sexual feeling, relations soon commenced and were carried on so persistently that the boy became weak. The purblind parents sent for an equally purblind doctor, who prescribed tincture of iron! The couple were permitted to sleep together till the boy was nearly fifteen. The sexual appetite, aroused thus early, dominated his whole life.

Children are usually early risers until spoiled by the indolence of their parents. They should arise the moment they awake, take the cold bath and dress. Don't try to make girls of your boys, mother, and encourage them to sit about the house and play with dolls; but get them out in the open, with every wholesome pastime that helps to develop the future man. Let them play base ball,

foot ball, box, fence, swim, and fight. They will have to fight their way through life anyhow, and God knows, they cannot learn too soon to take a licking gracefully, for they are sure to get plenty of them, sooner or later. Torn and dirty clothes, bloody noses and black eyes, are a necessary part of a boy's education, and cannot be dispensed with, without injury to his future prospects. Develop the manly instinct in the boy, and he will despise the vileness brought to his notice by other boys. Make him a luxurious, self-indulgent milk-sop and he will fall in with every sensuous suggestion.

Boys are easily imbued with the obligations of honor, and respond to its demands with a readiness that would hardly be comprehended by anyone who has not studied or brought up a boy. It is the part of the parents to see that this healthy sentiment of pride in birth and breeding does not degenerate into conceit. And here let me remark that of all the evils that can come to a boy there is none so disastrous as the loss of respect for his own parents. Naturally a child feels that there is no one equal to his parents, and let him lose respect for them and he is quick to conclude that goodness is non-existent. A boy once detected his father in a low intrigue. The son, previously a good boy, at once concluded that all men were alike evil, that the only difference was that the

others were not found out, and he began a career that wound up in the penitentiary.

Boys begin the habit of masturbation usually between the ages of ten and fifteen. Parents should watch carefully for evidences of the awakening of sexuality, and the first tell-tale stain on the bedclothes should be the signal for a talk from the father. Late eating, heavy suppers, constipation and the absence of fatigue, conduce to sexuality.

Of the evil effects of this habit we see much less than we do of the ill accomplished by the "lost manhood" vultures. Not that the habit is by any means harmless, but the worst effects are on the morals and the check of development, rather than in the production of actual disease. To an uncertain but indubitable degree there is an arrest of development when the sexual function becomes active. The vital forces are diverted from the growth of the individual to the direction of species perpetuation, and necessarily the former is checked. The effect on the impressionable mind of the boy, of reading the lying advertisements of the quacks, amounts in many cases to a veritable insanity, a monomania.

In all these cases it is necessary first to ascertain if the stimulation has induced a hyperesthetic state of the prostatic urethra, by passing a warmed and oiled sound. If this be the case, the remedy is Europhen-Aristol with Petrolatum, a

few drops injected into the irritated region daily until the irritability has subsided. If spermatorrhea has developed, the injection of a little of a one to five per cent solution of Protargol, or of silver citrate or lactate, once or twice a week, is very effective.

The sexual impulse, abnormally excited by early and unnatural stimulation, may be moderated or suspended for the time by the administration of gelsemin, or of salix nigra aments, in dose sufficient to accomplish the object.

The mental, moral and hygienic regimen advised above will suffice, I believe, to complete the cure in every instance, without a resort to unlawful measures.

CHAPTER XVI.

INCOMPLETE OR DELAYED INTERCOURSE.

The fear of pregnancy has led many wives to the practice of incomplete intercourse, or true onanism. There is practically no question as to the injurious effects of this unnatural practice. The sexual powers decline, the desire, at least for the wife, subsides, the prostate enlarges, and the husband betakes himself to the arms of a mistress, or ceases to interest himself in sexual matters. There is something revolting in this displacing the sweet abandon of love for the cold-blooded calculation of how much of the pleasure one can secure without paying for it, that seems to kill the delicate sentiment that alone rescues the act from brutality.

"Karezza" is the title of a book on the sexual question, by the author of "Tokology." Karezza displays the same phenomenal ignorance or disregard of the primary principles of physiology. The method advised in Karezza is simply lying in the sexual embrace without attempting to complete the congress by emission, until the erectile capacity is exhausted! This eunuch-like method must have emanated from the brain of a woman who has no conception whatever of the sexual or-

gasm. It is scarcely necessary to discuss it seriously. The author is probably quite correct when she says that "the demand for physical expression is less frequent," but she fails to state whether this is due to the victims ceasing to care for such emasculated cohabitation, or to the rapid decline of the sexual powers due to its practice.

Ida C. Craddock advocates the practice of sexual intercourse without permitting the escape of semen even though the orgasm is experienced. This, she claims, can be secured by practice, holding the passions under the firm control of the will. Whether this be true or not is immaterial. The effect on the male genital functions can scarcely be anything but disastrous.

Clerico-Medicus says: "The woman does not generally have pleasure in the marital act because under ordinary circumstances she is much slower than the male in completing the act. Mrs. Craddock puts the time for the female to achieve an orgasm in sexual connection as at least half an hour or even an hour after entrance of the male member. But this is a gross exaggeration in general, although Dr. Ellis, while agreeing here with me, himself mentions a case in our recent correspondence where a lady known to him finds that three-quarters of an hour is about the time when she experiences the maximum of enjoyment, although she can experience an orgasm much earlier. I may here state that Dr. Ellis emphati-

cally endorses my suggestion, that if the female is prepared by due caressing, she is likely to experience an orgasm as soon as the male. But it is just here that the ordinary married man fails in his duty towards his wife.

“Dr. Ellis goes so far as to say that without the woman’s enjoyment, sexual intercourse becomes very much like rape. I do not know whether I can go quite so far as this, but I fully endorse his further statement that in the sexual act, ‘the woman ought to experience enjoyment.’ If she does not, but on the contrary, as is often the case, she is left in a more or less irritated state, the act must soon become to her one of loathing and disgust, and, in many cases, she will resort to masturbation as a much more pleasant alternative. Dr. Acton himself does not hesitate to say that this may be so in certain cases, i. e., that masturbation may be preferred to ordinary intercourse, but in his further statement that this may occur where no excuse can be devised, he only shows how little he has studied this special point. Dr. Ellis mentions that in Cochin China masturbation is practised especially by the married women. My own studies incline me to extend this field to include indeed the majority, or at least a great part of the married women of the world.

“Nor despite Dr. Acton should this surprise us. With sexual desires just as intense as men, though slower as a rule in completing the function, there

is every excuse possible for auto-erotism by the wife, when left by the husband in a more or less irritated condition. It thus becomes not merely important, but a duty on the part of the husband, to take into consideration that women as a rule are slower in completing the sexual act than men.

"What then is the considerate husband to do? Our esteemed editor and Mrs. Craddock have both recommended actions on the part of the husband which I believe to be injurious, though that prescribed by the latter is the more so. The editor says: 'When near the climax in the male, the penis may be withdrawn, and every part of it wiped dry; when the coitus is resumed. This should be repeated until the wife is so close to her orgasm that she will not let the withdrawal be made, when the climax will be mutual.'

"But our editor has left several things out of consideration here.

"(1.) Proper adjustment is necessary for the female in order to feel any pleasure from the ingress of the male member.

"(2.) Alteration of position on the part of the male often produces a subsidence of sexual feeling on the part of the female, even stoppage for a moment or two having the same effect.

"(3.) The action on the part of the male may have two effects, first, it may cause his member to subside; or, secondly, to more speedily complete the orgasm.

“(4.) Even if successful the male orgasm from this dallying is likely to be weaker and consequently unsatisfactory.

“Mrs. Craddock advises that the husband shall experience the orgasm without any ejaculation of semen (see her ‘Right Marital Living’), stopping before the final thrill, i. e., just before the orgasm, when the feeling will subside, and the movement may be recommenced until the wife is ready to achieve her orgasm, when the husband may at the same time complete the act, but bear in mind without ejaculation.

“Now not only is the above met by objection (3) which we offered to our editor’s suggestion, but first it is utterly at variance with the normal function of the male’s sexual organs in copulation; and, secondly, it could only be accomplished with loss of health. The latter is Dr. Ellis’s opinion as well as mine, and it is also that of Dr. Acton, who writes: ‘It is dangerous for a man to excite himself * * * and by his will habitually to attempt to check emission.’ Of course he could not check it, since Acton himself concedes that when once fully excited the muscular contractions which produce the *emissio seminis* become independent of the will, which is also Kirke’s opinion. All he could do would be to stop before this final excitement took place, a process exceedingly harmful if persisted in. Mrs. Craddock, however, advises the attainment of this full excitement,

otherwise the orgasm, but urges the checking of ejaculation of semen, an absolutely impossible feat, since over the mere ejaculation the will has no control, this being the spontaneous result of the said contractions.

“Now I gather from my own studies of the subject that ejaculation of semen may take place with scarcely any perceptible orgasm; while further there may be a slight orgasm without any perceptible exhaustion, and consequently, indicate the necessity of entire rest for some time from sexual intercourse. Again, I have known of a slight orgasmic movement taking place without ejaculation where there had not been complete excitement. Where the excitement is complete, however, and where the health is good, the orgasm will ever be accompanied by an ejaculation of semen, and any person who would attempt to teach otherwise is worthy of severe censure as advocating a very injurious and reprehensible practice.

“Notwithstanding all these difficulties it is yet possible to bring about in a healthy manner to both parties concerned the desired end, viz., the preparation of the female to quickly achieve an orgasm, so that it may take place as soon as that of the male, who generally and normally completes the act in a few minutes. Now as it is an established fact that with women generally the sexual act takes longer to complete than with

men, no husband worthy of the name will seek intercourse without bearing this in mind. It must be remembered that whereas in man there is but one general center of sexual emotion, with women there are several, one of these, the breasts, being easily handled. Tender touch and pressure will soon produce the state when intercourse will be acceptable with the desired consummation. It must not, however, and here Dr. Ellis expresses his entire agreement, be forgotten that mutual adjustment is also essential to this end. Where one position will not produce the result, another would, and may fittingly be adopted."

Clerico-Medicus further says: "Mrs. Craddock claims that the woman is certainly entitled to an orgasm in the sexual act. I agree with her here, but in every other instance I think she is in absolute error, and what makes the matter more distressing is that she holds classes for both men and women, and instructs them in what I take to be absolutely false and dangerous opinions.

"To begin with, she claims that the male ought to suppress ejaculation of semen by his will, while at the same time achieving a full, healthy, and satisfactory orgasm. This I believe to be impossible and dangerous to attempt. Again she claims that the proper center of the female orgasm is the uterus, which she asserts descends to meet a male member too short to reach it; and that the vagina must be allowed by the female to close on the pe-

nis when the female obtains an orgasm, but she herself must base her mind on higher and more spiritual things, thinking of God's love, for instance.

"Lastly, she maintains that it takes a full half-hour, and even sometimes a full hour for the female to achieve her orgasm after the entrance of the male member, and consequently, the male must control or put off his orgasm until the female is about to achieve hers. The male can do this, she says, by stopping just when he feels the orgasm about to come. Checking this final thrill, the feeling will die away, when he can commence his movements again, and so on, with the avowed purpose of helping the female to bring about her orgasm.

"Now I am of the opinion that Mrs. C. is entirely erroneous in all these points, that an orgasm without ejaculation is unnatural, and likely to bring disarrangements; that the uterus does not descend to meet a short penis; that there is no closing on or grasping of the penis by the vagina at the woman's orgasm, and that the length of time for the female to achieve her orgasm is absurd, the woman being almost as quick to achieve this as the man, when she is going to achieve it. Finally, I am of the opinion that the dallying on the part of the male which she advises would work injury to the male before long."

Dr. S. A. Milliken says: "Does Ida C. Crad-

dock not know that a failure to complete the sexual act after reaching the point of orgasm is decidedly injurious to the male as well as to the female? Her plan would entail upon the man all the evils, which we are endeavoring to avert from the woman by securing simultaneous orgasm.

“By the time a man has learned to go through the act (I do not say orgasm, because the sensation is a very unsatisfactory imitation of the real orgasm) without ejaculation of semen, he is practically a eunuch, suffering all the evils incident to the eunuch’s condition, and at least two in addition; first, a constant unappeased desire for sexual intercourse; and second, a very marked irritability and instability of the nervous system. At least such was the result in two cases which have come under my observation.

“Between 1887 and 1892 I advised a trial of ‘Zugassent’s discovery’ in eight cases. Three of these couples learned to secure simultaneous orgasm, two still practice the plan to a certain extent and the others have passed from observation. This plan has been practised for a number of years by a religious body holding community of wives, with good results.

“Since 1892 I have advised in cases of unsatisfactory intercourse, that the man shall restrain himself as much as possible during the act, introducing and withdrawing the organ very slowly and steadily, and I have secured very satisfac-

itory results, especially in those cases in which there is a tenderness in the female organs, or in which there is disproportion in size."

Dr. T. W. Williams says: "As to Mrs. Craddock's theory, the sooner that physiological heresy receives its *quietus*, the better. There is no such thing as acquiring the power of producing the orgasm without seminal emission; and if there were, it would not be of the slightest benefit, it being a well-established fact that repeated venereal excitement without completion of the act, i. e., the discharge of the semen, is more injurious to both the nervous system and the sexual energies than ordinary sexual intercourse. The sexual orgasm is due to reflex action of the hypogastric plexus, which causes a sudden contraction of the walls of the *vesiculæ seminales* expelling their contents. It is not an unusual thing for masturbators and degenerates to practise Mrs. Craddock's method. It is an abuse easily fallen into, in fact; but if the excitement is carried to the point of orgasm, seminal ejaculation takes place, but is forced backwards into the bladder by the violent voluntary contractions of the compressor urethræ muscles, sometimes aided by pressure on the bulb with the finger."

The same writer says: "By the way, 'Zugassent's discovery' is no discovery at all. I have no doubt it has been practised by man from the earliest ages, especially among the Orientals. I

am also told that it is the rule among the Shakers and some other sects, who regard sexual connection without emission simply as the highest form of social communion, like shaking hands or kissing, but indicative of a greater degree of friendship and intimacy, as osculation indicates closer intimacy than hand-shaking.

“That the discharge of the seminal secretion, within certain limits, is any more of a ‘drain’ upon the corporeal powers than that of the bile, gastric juice, or other secretions, is one of those false theories that have descended to us, among others, from the ancient ‘Fathers of Medicine,’ such as Lallemande, Tissot, Grimaud de Caux and Martin St. Ange, Leudet, Carre and similar writers. It has been copied and endorsed by subsequent writers without investigation.

“It is not the *excretion* of the seminal fluid that taxes the vital powers, but its *secretion*. When the latter is stimulated to an abnormal degree by excessive exercise of the functions of sex, the injury is two-fold; (1) the nervous injury of shock, from excessive orgasms; and (2) the injurious drain upon the vital economy caused by the excessive secretion rendered necessary to supply the unusual demand.”

CHAPTER XVII.

FREQUENCY OF INTERCOURSE.

A favorite "fad" of the sexless woman, is that sexual union should be limited to procreation when desired and intended. Men are continually constructing such theories from the shallowness of analogic reasoning, and then erecting them into religious creeds. Example: Certain animals only copulate when in rut, and then but once, each union resulting in a conception. The polygamy of such animals is ignored; but the fact is taken as inferentially showing that God only intended the human species to copulate for propagation. Countless sects have founded their creeds on passages taken from the Bible and distorted to suit their special views, but in this case the theorists seem to have been unable to find anything to suit their case, so they calmly ignore the Sacred Book, as well as the entire science of human physiology, the teachings of history and the dictates of common-sense. With these omissions there is good ground for the theory.

The testes produce semen more or less rapidly, depending upon the age, diet, exercise, propinquity of attractive females, and the degree to which the thoughts are allowed to dwell on sexual topics. When the receptacles for semen are full

the man feels uncomfortable and amorous until the semen has been discharged, when he is easy until the same condition is again present. Under the influence of hard bodily work or engrossing mental occupation, light vegetable unstimulant food and drink, purity of thought and the absence of enticing women, the secretion is less active, as it is with advancing years. Idleness, rich food and stimulating drinks, tend to lascivious thought, and semen is secreted more freely. Perhaps the average man requires two emissions weekly at 21; one weekly at thirty, one every two weeks at forty, one monthly at fifty; but the variations are so wide as to defy classification.

In general when intercourse is followed by a sense of relief or comfort it is beneficial; if followed by dullness, debility or morbid thought, it is excessive and harmful; and what is healthful for one man may be many times too much for another.

The same law holds good for women. Passion naturally arising, under healthy normal conditions, should be satisfied, but the husband should note carefully the effects on the wife's health and not encourage an undue development of this passion.

Give Venus her dues, but the home life should comprise something more. The best books, the purest thought and conversation, are none too good for the home. Sensuality breeds its like,

and the man whose only thought towards his wife is lechery may find too late that he has developed a Messalina.

A member of the Shaker community thus expresses the views of this sect: "I am not an M. D., but am interested in whatever tends to elevate mankind, morally, socially and physically. And where can knowledge be more effectively applied, than with the teachers and practitioners of hygienic laws? The only successful hygiene must accord with purest morals and perfect righteousness. For health is the result of soundness and harmony in all departments of the mental and physical constitution. And harmony results from obedience to the laws of harmony, and order. I see by the CLINIC that 'the vast body of the profession needs and wants information upon sexual hygiene.' The need is undeniable, and now that the want is felt, if the supply exceeds the demand it can breed no loss, since it is antiseptic in quality, and none is obliged to take more than his special need requires. 'If the counsel be good, no matter who gave it.'

"Dr. Belfield says: 'Sexual excess is a relative term. It is absolutely impossible to say what is normal for a male in that line.' Why is this so, if not because the primary object of sexual congress, and the only object justifiable by the law of the creator, the production of offspring, is excluded from view? There is an order of times

and seasons in Nature, but man, in his sexual relations, sets all laws at defiance. Brethren of the medical fraternity, is it not supremely rational to return to the law of use for propagation only, and to aim at the suppression of all lawless desires that have no regard for reason, and no possible justification in morals or religion? Nothing shall be indulged for pleasure which would be corrupting to the mind of an innocent child. However secret an act may be it stamps the character and cannot otherwise than affect the offspring for good or for ill, according to the nature of the act.

“No other element of the human constitution is so penetrating, affecting every nerve and fiber of the body—so persistent, thrusting itself in where it is not wanted—so overpowering and weakening to the will when submitted to, so universal, deceiving, alluring, enticing, and disappointing in its results, so enslaving, so debasing to character and destructive to the individuality and all manly and womanly aspiration, hope and resolution, as this sexual nature, which all they that dwell upon the earth wonder after and worship, whose names are not written in the book of the Lamb, which was slain from the foundation of the world, even from natural generation.

“It has ever seemed to my reason a dreadful mistake of the world’s physicians, that a man must be somehow relieved of his seed in order to

be healthy. If there be any such necessity, it cannot come from the law of Nature lived up to, but of perversion and excess for generations many. All sexual indulgence, except for offspring, under conditions of circumstance and parties which make it right for offspring to result, is excess—is abuse of the generative function—is perversion of faculty, of the nature of whoredom, whether in or out of wedlock, and tends to disorder and disease of soul and body. A sin denounced by all Divinely inspired teachers of righteousness.

“It is known that the seed of man is the most vital essence of health, life and motion. It is the very finest product of blood, brain and nerves. A. J. Davis, the world-renowned clairvoyant seer, says: ‘The brain is the fountain whence flow the most highly vitalized essences, by which alone reproduction is possible. Of either sex, the same is absolutely true. It is absolutely impossible for the human brain to produce another brain, without contributing particles and essence of itself to the generative work. These particles and essences of the living brain are living bodies called spermatozoa, contained in cells inconceivably minute and sensitive. They are the finest, best, most vital, absolutely essential parts of the brain. The vital essence of the most important organ, the brain, is taxed to begin the constitution of another individual. The impulse of propagation is

the most intense of all vital and mental emotions, and its exercise involves every power, every sentiment, every part and principle of body and mind. Every zoosperm generated and dispatched by the brain, is an absolute loss sustained at the center of soul and intellect. Muscular exercises, physical employments, and intellectual activities, use up the spermatozoa in the brain and nervous system.'

"Hence all excesses or inversionism of the generative functions, are always a drain upon the brain, and also upon the most highly spiritualized elements of the blood, all of which is certain to entail nervous irritation, feebleness of the muscular system, loss of memory, disorders of the imagination, monomanias, emaciation, depression, diseases of mind and body, and drivelling insanity. These facts, well known to physiologists, but not known by the multitude of parents who have the responsibility of rearing human offspring, furnish valid reasons why all human beings should be educated (or instructed) to practise strictest continence, except when offspring are desired.

"The immense waste of vital essence and mental energy through this conscienceless drain of life's finest elixir, is fearful to behold, particularly when we consider its utterly immoral, depleting and fatal consequences. It enslaves the will to base desires, weakens the blood, makes poor

sperm, robs offspring of the consideration due them, endows them with feeble constitutions, and with sickly diseased and often deformed bodies, because the elements of life and vigor have been thrown away in selfish, sinful gratifications.

"The author, A. J. D., above quoted, says: 'All reproductive diseases are caused originally by excessive and unrestrained indulgence of the animal inclinations.' (Harbinger of Health, page 410.)

"Silas Hubbard, M. D., of Hudson, Ill., in *Medical Summary*, of June 9, 1889, says: 'As a matter of science of considerable importance, that was never before published, I would say that a majority of women, before they are 40 years of age, have acquired irritation or disease of some of the genito-urinary organs, or retroversion or retroflexion of the uterus, by excessive sexual intercourse.'

"Dr. Wm. Acton, an acknowledged authority upon sexual physiology says: 'It is a generally received impression that semen, after having been secreted, can be reabsorbed into the circulation, giving buoyancy to the feelings, and the manly vigor which characterizes the male,' and adds: 'In fact, who is ignorant that the semen, reabsorbed into the animal economy, when it is not emitted, augments in an astonishing degree the corporeal and mental forces?' (*Reproductive Organs*, 6th edition, page 126.)

"Acton quotes with concurrence, the following

from Prof. Newman: 'Every organ likely to be overcharged in youthful or vigorous natures has power to relieve itself, and this is on the face of it God's provision that the unmarried man shall not be harmed by perfect chastity.'

"Is not the fact testified to by Dr. Hubbard, God's protest against all sexual indulgence not having offspring for its object? The first law of sex relation is use for production only. Anything beyond or aside from this is excess or perversion, and is followed by penalty more or less severe in proportion to transgression. Is not the brain at the positive pole of the human organism, and the seat of will, reason, judgment, the highest and noblest function of intelligence? Then why such unreasonable and abject submission to the attraction of the negative pole, and the commission of acts in secret, that he is ashamed to acknowledge before his more upright fellow, whose very nobility is a reproof to such action? The shame that one feels in exposing those works of self indulgence, is the protest of his higher and more God-like nature, against them.

"When men abandon all lawless indulgence of the sexual nature within them, they become exalted in virtue, and produce a nobler type of offspring, possessing greater powers of intellect and of self-control, and exhibiting more of the image and likeness of the Holy Creator, and those who persist in abusing themselves and the gifts of the

Creator by perversion and excess will be exposed in the judgment or perish. For God will bring every work into judgment, with every secret thing whether it be good or whether it be evil. And there is nothing covered (by hypocrisy) that shall not be uncovered, neither hid that shall not be known and come abroad, says the Divine Teacher (Luke XII, 1 to 3.) Then he whose secret and open works are not condemned by the light which discloses their real character, will have honor in presence of his fellows.

"I am not supposing you will choose to publish the inclosed communication in the CLINIC. I felt soon after I began, that I could not free my mind without writing too lengthily for that. If you can afford time to read it through, it may afford some ideas that will be of use to you sometime. As for me, I am one of the continents. I have lived upwards of 60 years with Alethian Believers, commonly called Shakers—in daily intercourse with the Sisterhood, and sometimes with women of the world, and I never knew a woman carnally nor do I wish to, nor do I ever masturbate. I have labored to live a pure and clean life, after the pattern of Jesus, and am satisfied with the result, so far. I am happy from my exemption from the annoyances of inherited sexual tendencies, in my youth and early manhood. I have been surrounded by others, whom I have every reason to believe were living continent

lives, like myself—and have never learned of any disease or inconvenience arising from the practice of chastity. We deem it a glorious emancipation from the power, authority and dominion of the sex nature, which all mankind are born under, and which is insatiable in its demands, beguiling with promises it never fulfils, leaving permanent stings in the heart that consents to the momentary pleasure it gives for bait.

“My teaching, and also reason, experience and observation, cause me to believe that all must subdue that nature, or be subdued by it. And not until it is subdued, can any soul find perfect rest from the conflict between the good and the evil within, and be at rest on every side.

“Some people imagine a Shaker Society to be a fit refuge for the worn-out remnants who have spent their best days in service of the world—or for the disappointed and unsuccessful—and those who wish to shirk the burdens of life. But they are greatly mistaken. It requires the very best material of which to make Shakerism a success. The most honest, morally upright, conscientious and enlightened in mind and firm in purpose. Lazy louts are drift-wood and not able to make success out of any undertaking.

“Fraternally yours, for the law proceeding from the first cause and for works not to be repented of.”

I have read this paper with profound interest.

It presents the case of the writer, a man of undoubted veracity, as clearly as words can convey an idea. He presents a view that has at least the merit of venerable antiquity, as will be recognized by the student of church history. At the time Christianity arose the Gnostics became prominent. Their tenets included the condemnation of all earthly pleasure, the "illuminate" keeping his eyes fixed on his future home, the world being the work of the devil and essentially bad. (I abridge and condense for brevity, Ildabaoth only relatively answering to the word devil). Every human being had in him an emanation from the Godhead, and it was his duty to preserve it undiminished and return it as speedily as possible to the God from whom it sprang. This system was overcome by Christianity, but it penetrated the body of its adversary and poisoned the fount of its life. To this day its principles are believed by many to be Christian, as shown in the letter before us.

The effects were to drive every man and woman capable of self-denial and lofty ideals into the desert hermitages, shutting off from the world at large the benefit of daily intercourse with them, and from posterity the inheritance of their virtues. But even so, the old Adam went with them, and many are the crimes laid at the door of those men who renounced sexuality as sinful, yet hesitated not to commit all the crimes of the Decalogue.

Volumes have been written to explain the cruelty of monks. The innate perceptions of humanity revolt at the thought of the eunuch, and his callousness to human suffering does not surprise.

Our correspondent gives us an expression of belief, not an argument based upon proof, verifying the tenets he preaches. It is the world's view now that pleasure is not essentially evil, that the judicious control of a function is better than its extinction, that use within physiologic limits strengthens a function and does not exhaust it. His view, pushed to legitimate conclusions, would sanction self-castration, for if the sexual passion is evil, it is better to remove the cause at once. It would also naturally lead to suicide, for if the exercise of one function is wrong, why not of all functions? If the sexual pleasure is sinful, why not the pleasures of the eye, the ear, the smell, the taste, the intellect?

And is this the religion of Jesus? Of that wonderful teacher whose sympathy with humanity, its needs and frailties, speaks through every word of his teachings? He sought to lead men and women to wholesome, normal living; not to make eunuchs and monks of them.

Clerico-Medicus says: "As one who from his vocation and added circumstances has now for many years given much attention to the great problem of sex relationship; both from its moral and its hygienic standpoint, I take this oppor-

tunity of sincerely thanking you for the timely set of papers which you have published in your journal on this subject. The proper understanding of this question lies at the bottom of man's righteous happiness; while the ignorance and reticence so long prevalent lies equally at the bottom of a large part of the misery and profligacy in which society is sunk. Let us by all means have light on this question in such a manner that while it will in no sense tend to lower the natural standards of propriety, it will nevertheless be sufficiently plain that the most unenlightened may comprehend it.

"I am sincerely glad that you so strongly dissented from 'The Alethian View' of sexual hygiene, which appeared in your last issue. Little common-sense is required to show how utterly astray is its writer. His doctrine supersedes even the teaching of his and equally our divine Master, since the latter distinctly intimated that all men do not possess the power to live continent (Matthew XIX, 2). Further the inference of this passage, taken in connection with Paul's teaching in I Cor. VII—2, 7, 17, and the history of the sexual problem in man, shows plainly that but few men comparatively possess the ability to live singly and continent. And here I may answer the question so often debated in clerical circles, viz.: 'Is the continent life the highest life for man?' and I answer without hesitation, No.

Unfortunately the contrary belief has been accepted by many clever and good men, but, I maintain, solely owing to their ignorance touching the physical basis of love. Neither do these mistaken individuals appear to appreciate the slur they put upon the Almighty by their opinion in this matter, seeing that sexual attraction is the strongest of all the emotions that He Himself ordained that the human organism should possess.

“At this point let me take one or two exceptions to Dr. Zeisler’s otherwise excellent paper.

“(1) It is not so much the duty of the medical adviser as it is of the pastor to teach both the married and the unmarried their duty touching the sexual impulse. Unfortunately the ordinary pastor knows little or nothing touching the physical side of love, and, consequently, is totally unfit to be its guide. Nevertheless, this lamentable fact does not show that he is *not* the proper guide. On the contrary the teacher whose duty it is to instruct in morality, and this surely is the pastor more than anyone else, should be capable of and should be looked to for giving instruction in sexual as well as other morality. I affirm, therefore, that the studies of students of divinity should include the physiology and psychology of sex.

“(2) It does not follow that those who are not ready to have children, are not ready to get

married. If marriage were, as our Alethian friend maintains, only justifiable for the production of offspring, then Dr. Zeisler would be correct. But whatever it may have been at one time in the world's history, at the present time the most important result is the binding together of two hearts by a tie unequalled in the possibility of its indestructibility. The highest life which man can live is the married life, since human nature only becomes complete when the opposite sexes become united. Now this unity, while only probably resulting in offspring, should absolutely result in the quickening and permanent establishment of those endearments and joys only possible in the married state, a state in which alone the highest human happiness is possible. Marriage, therefore, should not be viewed as primarily for the increase of the human race, but, whilst this is to-day its secondary function, rather for the permanence of a loyalty and joy, a help and comfort only obtainable in the married state. A variety of considerations may warrant the non-begetting of children when marriage would be most proper in the eyes of both God and man.

"And now I come to perhaps the most vital point in the whole discussion, viz.: conjugal frauds. From a somewhat wide knowledge of this matter, I am convinced of the truth of Acton's statement, supported by Warner and Napheys, that the majority of married women have

no very great desire for orgasm, or final ecstasy of coition, this matter troubling the male sex very much more than it does the female. I believe the pleasure as a rule which the wife experiences in this act is fully satisfied by the knowledge of the pleasure she is giving her husband, together with the enjoyment felt by simple contact, similar to the pleasure felt by stroking, combing the hair, etc. Which brings me to another important point:

"Our Alethian friend spoke about the immense waste of vital essence in the marital act, and Dr. Belfield referred to the suffering of many men through sexual excess. Some little time ago the 'Arena Publishing Co.' issued a small book entitled 'Zugassent's Discovery.' The secret was, how to obtain and enjoy all the benefits of coitus without the usual drain on the system. The method was simply to remain quiet after the insertion, the pleasure received, while differing somewhat in character, being as intense as that derived by the ordinary method of copulation. Here there is no waste of semen on the part of the male, while the benefit to the system the next day is extraordinary. Dr. Zeisler hints that he knows of some method by which the pleasure of the female is increased in the sexual act. Much to the evident chagrin of some of your readers, including medical men, he was silent as to his method. I may here say that Zugassent's dis-

covery, while of great benefit to the male, in most cases, when the female is in good health causes her to participate in the orgasm of coitus more often than she does by the ordinary method, which as a rule satisfies the man but not the woman.

“Another point of much query is the number of times within a given period that coitus may healthily be indulged. I believe with Acton that with men of middle age this should be about every eighth day; while Zugassent’s discovery may be carried out with great pleasure and benefit to both parties once or perhaps twice between that time. I believe few men are aware in what an unpleasant and nervous state they often leave their wives from simply ‘looking out for themselves,’ to borrow a very apt expression from Dr. Zeisler. This of course should not be, forming as it undoubtedly does a far larger proportion of marital disagreements than has hitherto been imagined. As a rule the male completes the act before the female, who on account of the physical change in the male, very often fails to complete the act, and subsides into a state of great irritation, which in many cases results in disgust for the act. In Zugassent’s discovery the male member remains erect for a much longer time, thus aiding the female, while causing no annoyance, but rather contrariwise, to the male.

“Having been a member of two English com-

mittees where most of these questions were debated, I shall be pleased to answer anyone desiring further information, but only through the columns of your journal, or in reply to letters sent through you."

In a paper read before the Medical Society of the State of New York, entitled *The Physiological, Pathological and Psychological Bearings of Sex*, Dr. Wallian says: "Nature's prime object, her one incessant and unconquerable effort, is procreation. To accomplish this end she everywhere sacrifices time, comfort, justice, mercy, even life itself. Emerson says: 'In most men sex and digestion absorb the vital force.' And notwithstanding the fact that digestion is the prime essential of all animal life, this astute observer of human nature and profound analyzer of natural phenomena, rationally gives priority to sex. The sexual instinct dominates all animal life, and compels observance of its laws even in the vegetable kingdom. It is this instinct which fires the heart of the warrior, whether hazarding the dangers of the chase, or battling for his hearthstone and defending those he loves. It steels the heart and arm of the gallant knight as he enters the lists, clad in the colors of his lady-love, and inspires the genius of the poet as he recites his tales of romance, chivalry, and daring. It builds homes, rears children, makes systems of government a necessity, and civilized society possible.

It instigates, permeates and perpetuates all love, whether fraternal, paternal or marital, and there is no known religion in which it is not prominently recognized and constantly exalted. The Fatherhood of God is a catchword in all creeds, and the pitying All-mother is the glorified central figure of one of the most popular Christian sects. It is the foundation and inspiration of all the music, poetry, romance and sentiment in the world. If it were possible to expunge its influence from literature, libraries would thereby dwindle to a meager collection of dry-as-dust essays, read only by ascetics and bibliomaniacs. The future destiny of an entire people often hinges on an accidental sex of some unborn child, itself the result of momentary and unthinking sexual ardor, which thus becomes the potent factor in perpetuating or destroying the equilibrium of nations, empires or republics .

“Thus, the ultimate influence of sexuality dominates all literatures, all religions, all earthly dynasties. Without it, poetry, romance, chivalry and heroism would have been unknown. Eliminate woman, love, sexuality, from the books of Confucius, the Talmud, the Zend-Avesta, the Koran, the Bible, none of these wonderful works would have survived the generation in which they originated. Rob Homer and Tasso, Ovid and Virgil of that passion which is but an expression of sex ; expunge all reference to the amorous im-

pulse from Milton, Dante, Shakespeare, Byron and Moore, there would not be sufficient substance left out of which to construct a single sonnet. Remove its direct and indirect influence from all religious systems, sects would be obliterated, and churches would become extinct through a process of moral dry-rot.

“Instance the Bible: The burden of the Mosaic law is directed toward the relation of the sexes, the questions of race and family, the suppression of adultery, fornication and licentiousness. Wisest of men, Solomon could tolerate existence only through the comforting aid of hundreds of wives and countless concubines. Abraham, the revered patriarch, who has been exalted to the position of a demigod, failed of desired issue until he had trained his virile powers in the adulterous arms of his fair handmaid; and beloved Absalom lost his somewhat reckless but promising young life indirectly or directly from too frequent dalliance with Judea’s girls. Paul launched his most eloquent philippics against the concupiscent tendencies of the age in which he lived, and, on the whole, leaves us rationally to infer that he reflected something akin to personal experience when he asserted that it was better to marry than to burn. The marital life of Adam and Eve was Milton’s dominant theme, and Satan, prowling in the Garden, experienced a very climax of envy and despair when he stumbled upon the happy

pair, as it were, *in flagrante delicto*. Milton even attributes the origin of Death to the incestuous sexual ardor of Satan with his daughter, Sin. Without the stimulus and impulse of this universal passion, religions would lose all human interest, society would lapse into inanity, courts would languish for want of causes, law libraries would grow musty from disuse and clubs would become obsolete for want of topics to discuss, even for lack of suggestive embellishments for their parlor walls! It is this impulse which gives energy and direction to enterprise, builds cities, inspires the dramatist, and peoples theatres, opera houses and fashionable watering-places. Emasculate the dramatist,—the stage would be annihilated. No true poet ever piped in sickly falsetto; no eunuch has ever attempted an epic or an epithalamium. Eliminate the element of sexual passion from the works of the world's great musical composers,—the director's baton would forever fall from his nerveless hand; music would become a lost art.

“Sex, then, is metaphorically, as it is physically, the substructure from which is derived every impetus of human progress.

“Every species, with a few unimportant exceptions, is composed of male and female members in about equal proportions. The male element has been compared to the positive and the female to the negative forces in nature; but this comparison is not particularly apt. The male is

usually, but not invariably, the stronger, fiercer and more aggressive; the female the weaker, gentler and more passive individuality. In the human race how much of this diversity is due to the influence of accident, training, custom, or dress, is still an open question. Certain it is that neither element can be long debased without eventually dragging down the other. It would be well for social scientists to ponder this fact. Putting it in the language of the Concord philosopher: 'If you put a chain around the neck of a slave the other end fastens itself around your own.'

"Sexually considered, the matrix (woman) is more vitally important to the future of the race than the moulder (man). But there is no separating the elements. Positive and negative segregated, both become passive and inert. The condition is one of unity in duality, and cannot be otherwise considered. Hence no argument is either pertinent or permissible, and all the heated and ill-tempered wranglings as to capabilities and 'rights' are out of time, and worse than wasted effort. To damage or disparage either factor damages the race as a resultant product. •

"In the brute creation the sexual impulse is controlled entirely by instinct, as are the other animal functions, eating, sleeping, and defecation. Whenever this instinctive impulse is aroused the animal gives its whole attention to its instant gratifica-

tion. Human beings, on the contrary, in proportion to their individual culture and refinement, are presumed to temper instinct with sentiment and reason. In other words, instinct becomes secondary to reason. Hence, eating is not indulged wholly to gratify the palate and the demand for food, as with brutes. On the contrary, the dinner-table becomes a forum for social and intellectual exchanges, for sallies of wit and bursts of eloquence, for serious discussion and trenchant literary criticism. Even defecation is attended to with set regularity, privacy, and decorum. Strange that the one function on which the origin and perpetuity of the race depend should, more than all others, yet be left under the control of unintelligible impulse and unthinking passion; that this act alone, of all the bodily functions, has seldom been made a subject of philosophic inquiry, but has been virtually left on its original animal or instinctive basis, while all other instinctive acts have been elevated and refined through the exercise of taste and reason. There is no sound moral or physiological excuse for this. The act is susceptible of being elevated, not only as a means of stirpiculture, but also as a source of both physical and spiritual enjoyment.

“Before discussing this question from a pathological point of view a few postulates may be laid down:

“First.—Sexual congress is an instinctive, and

therefore, natural function. Neither animals nor human beings need to be pre-instructed in order to accomplish it. Adam and Eve doubtless indulged the act with the same unshamed spontaneity with which they ate or slept.

“Second.—Its object is, primarily and instinctively, the gratification of an impetuous, universal, and natural desire. The idea of progeny could not have entered the minds of the primitive man and woman, and only after reiterated observations could they associate the sexual act, as a cause, with parturition as a result. Procreation is, therefore, only theoretically, and not practically, the primary object of sexual intercourse; hence the act and all its relations, direct and indirect, as regards the health and happiness of individuals, and the moral status of the community, should be treated from this standpoint.

“Third.—In the present state of civilized society, the primary object of sexual intercourse is the same as in the beginning. Not one act, of many thousands, is undertaken with a premeditated view to procreation. On the contrary, the average couple take every feasible or known precaution to avoid the usual and legitimate results of intercourse. The enforced restriction and curtailment of the act which this effort compels, are at the bottom of much of the suffering and disease incident to married life. Both parties suffer. In a physiological sense, partial gratifica-

tion is quite as injurious and unsatisfactory as total abstinence; and the average married couple never get beyond a feverish, imperfect, or interrupted form of indulgence. Hence the prevalence of married infelicities and infidelities. The unsatisfied male seeks the unrestricted and unapprehensive embrace of the courtesan, and the female either becomes an ascetic, or seeks other means for expressing the repressed forces of her nature,—social gaiety, or religious fervor; or she, too, much more rarely than the male, indulges in marital wanderings.

“It may be objected that no tuition is necessary; that human beings, in common with animals, get on very well in this respect in spite of the prevailing ignorance; and that any effort to enlighten or discipline them must partake of the nature of pruriency, impertinence, or even unchastity. But this argument is incompetent. If there is any one function that should be properly and perfectly performed, it is this one, as every physiologist must admit. Hence it will not absolve the medical man from all further responsibility, to say to the anxious and blushing inquiring bride and groom: ‘Go on and copulate to your hearts’ content; take no thought for the morrow. It is the ordained and natural way. Leave the results to Providence and the doctor!’ This is, in substance, the advice usually given, and, when followed, makes the wife a child-bearing drudge and

slave to the desires of her husband. Ignoring it as economically impractical, resort is had to makeshift and injurious methods of self-protection, the use of condoms, after-injections, villanous 'female-pills,' or to actual feticide.

"The fashionable 'decline' into which so many modern women, of susceptible natures, 'fall,' generally has its origin and perpetuation in disordered, perverted, thwarted, or excessive sexual demands. Many married women are too proud to admit even the existence, much less the actual cause, of their serious maladies, but bear their secret burdens with dumb endurance. Thus, ignorance and an overweening sense of modesty and propriety are allowed to sap the lives of thousands and thousands of the most cultivated and sensitive wives and mothers in the land.

"The names of the actual, tangible physical ills attributable to sexual want, sexual excesses, or sexual incompatibility, are legion, and to thoughtful medical men need not be recited. But they are by no means of paramount importance. The mental and moral aspects of the subject are of even more serious import. What a prolific source of crime and misery, in all ages, has been the demon of jealousy! Murder in every horrible form, intrigue the subtlest, conspiracies inconceivably cruel, tortures too horrible to be recounted, among all nations, in every grade of human society, and in all periods of human his-

tory. All these have had their origin in jealousy, and jealousy is but one of the myriad expressions and out-workings of morbid or baffled sexuality. Men are not jealous of men, nor women of women, except when one of the opposite sex is involved. Juno would have kept her temper unruffled had it not been for the suspected liaisons of Jupiter. Even Xantippe unquestionably had her savage instincts developed through crossed affections, or some other cause directly traceable to this part of her nature."

Epstein says: "The Bible in the original does not always say what its English or other translation of it says it does. It is right enough to refer to that Book historically, and, as far as their sexual laws are concerned, to the people of that Book, the Jews; from whom we might learn many a good thing, and smile too at many an inanity which their hyperbiblical traditions enjoin.

"Does the Bible support the intemperate sexual abstinence of the Shaker, who haughtily calls himself Alethian, as though he were the only truthful one in the world? One of them denounces all sexual indulgence, except for offspring and under conditions of circumstances and parties which make it right for offspring to result, as excess, as abuse of the generative function. Has that man reflected on the fact that it is the brute alone who can procreate at certain seasons only, while man can do so at any time? If the

pretending Alethian is right then is his Maker wrong. Is that man not aware that not every coition results in generation? Would he or would he not under such conditions and circumstances and parties permit any further experiments in that line in order to accomplish generation? Would such further experiments or attempts be also 'of the nature of whoredom,' as he impertinently brands all other than generative copulation, 'whether in or out of wedlock?' Will such further attempts 'tend to disorder and disease of soul and body?' Is such a further attempt also 'a sin denounced by all divinely inspired teachers of righteousness?' Who are these teachers? Is David one of them?

"Or are Ann Lee and her followers the only ones of that kind? David says to God: 'Thy love is more wonderful to me than the love of woman;' implying a love not only for the sake of offspring.

"I never thought before that the reason the divinely inspired teachers, from Genesis to Malachi, not only enjoined marriage, but even permitted plural marriage, may have been to vindicate the rightfulness of that special marital enjoyment, against both the positive and the negative transgressors and defamers of it. But what right, except merely that guaranteed by the constitution of the United States, has any man to call himself truthful who, accepting the Bible as 'divinely

inspired,' can yet be so dried up as not to be humanly refreshed with the following family picture as against sexual whoredom?

“‘Drink waters from thy cistern
And running ones from thy well.
Let thy fountain spread abroad
Water-courses in the streets.
Let them thine be, and not for strangers with
thee.

Let thy well-spring be blessed.
And take thy pleasure from thy youthful wife.
Like a hind love-full
Or like a roe in grace
Her breasts delight thee shall,
In her love thou greater shalt be ever.

“‘And why be wild my son with a woman strange, and why embrace the lap of her the alien one? For before the eyes of Jehovah are the ways of the man, He weighs all his tracks. The sins of the wicked shall take him captive and by the force of his faults shall he be held fast. Die he will for lack of reproof or grow wild because of his folly.’ Proverbs 5:15-23.

“How like a sweet babbling brook do these words sound—a brook flowing through a green oasis in the parching desert of many a human life—but which a man who calls himself truthful, would dry up or permit to flow just only on *propagative duty*! And he says that the Bible teaches him thus and so! O! Sir, let that long-

suffering book alone! You seem to know of it as much as the cold marble slab of your parlor table on which that book lies. Denounce marital life, if you choose, for economic reasons, and brand the family mansion as a bawdy-house and substitute for it a communistic caravanserai; but for truth's sake do not appeal to the ever-fresh Bible to support your dry doctrines. Leave the Bible out of this discussion. A man may run in evil paths—would you therefore amputate his legs prophylactically and substitute peg-legs to hinder him in going?"

CHAPTER XVIII.

PREVENTION OF CONCEPTION.

That there are cases in which it is a duty to prevent conception, every one must admit. Conception is certain death to some wives, imminent peril to others, the perpetuation of chronic maladies or the turning of the scale to the side of consumption, etc., to others. That the matter is so shamefully abused as to render it a potent factor in the decay of nations and degeneration of races, is notorious; but we are writing a book for doctors alone, on whom rests the responsibility for advising the procedure. Nor will we insult them by undertaking to lay down rules for the prescription of this procedure. That is a matter for their own conscience, as applied to each case that presents itself. We all know perfectly the difference between the dragged-out woman on the verge of consumption, the rachitic pelvis, and the society belle who mistakenly thinks she does not want babies when every fiber of her being is crying out for this means of bringing her back to healthy thought.

The various methods are perhaps sufficiently discussed in Dr. Markley's paper. Usually the use of warm water immediately after intercourse is sufficient, and the slight amount of trouble is

not a reasonable objection. But if the wife participates with the husband in a simultaneous orgasm this is inefficacious. Womb veils are effective if not misplaced; the condom unbearable. Perhaps the best method is the insertion of a bit of sterilized gauze in the uterine cervix, with a stout cord of floss silk for removal.

There is no method that is free from objection. The simple fact of prevention is a physical wrong, and brings its certain train of evils; the whole thing is vile, disgusting, morally debasing, and only absolute necessity justifies it as the choice of a lesser evil.

Spinelli, of Turin, proposed to sterilize women by dividing the Fallopian tubes and closing the uterine ends. The operation has not proved satisfactory, as the tubes sometimes reopen.

Clerico-Medicus says: "I am surprised that Dr. Zeisler should have recommended the condom (the male sheath) since its use is extremely injurious. There is a very simple preventive, easily procurable and absolutely uninjurious. A teaspoonful of quinine, mixed with two ounces of petroleum jelly, makes an ointment of which a piece about the size of an ordinary suppository may be inserted in the vagina upon retiring in the evening. With this no pessary is necessary, though for one's peace of mind as forming extra security, a pessary may

be used at the same time. I have no, or little, faith in a pessary alone.

Dr. L. R. Markley says: "There is one feature of this sexual matter that will still bear much discussion and careful thought. I believe that herein lies a great part of the trouble that is causing so much domestic estrangement and infelicity. I refer to some harmless and certain preventive of conception that is not too much trouble for either party to use.

"What method can be used that is least injurious, least troublesome, most certain, easy of application? These four propositions must be met and overcome before the method is a perfect success. I believe it has been proven that the os uteri opens and contracts spasmodically during perfect coition, hence those couples who never have a simultaneous orgasm need not be as careful as those that do. I have known of women who never get caught if they reverse positions with their husband just before reaching the climax. The reason is obvious. The uterus when in normal position points towards the coccyx, and the os rests against the posterior vaginal wall. In the usual position for intercourse the semen soon reaches the os, in the reversed position it does not.

"The little sponge in a silk net with string attached is a familiar sight in drug stores. If this is moistened with some acid or antiseptic solu-

tion before use and rightly placed, it is very safe and harmless. Some men will not allow it, as I happen to know, and some women dislike to bother with it, as it is unpleasant to introduce if the vagina is very small.

“The medicated vaginal cones may work with some, but fail sometimes. I recently had a very difficult abortion where the cones were in use. The ‘Ladies’ syringe is used by a number of my acquaintances with good results. They fill it with a weak bichloride solution. The only trouble with this is the bother of using it, besides if both parties have the orgasm at the same time some of the semen may get into the cervix before the syringe is used. If the husband will defer his orgasm several minutes until the os is closed it is I think very safe.

“The quinine ointment mentioned by ‘Clerico-Medicus,’ and any other drugs similarly used, will do all right if the sexual act is of short duration. Suppose, however, the sexual act is prolonged to half an hour, or even much longer, as some do, will not the natural secretions tend to remove the medicament? This might be avoided by not using the ointment until just before the completion of the act.

“This is easy to apply with a little syringe carried well up into the front where the semen is ejaculated. Would the addition of a little silver to the medicated liquid vaselin, which would tend

to coagulate the cervical mucus, be effective? The condom is quite safe if the best are used, but we all know that rubber is a nonconductor of electricity, and this is a factor that I think should not be lost sight of. They are not the easiest thing in the world to put on either. The rubber cup is not effective, as it is difficult to place and will easily get displaced.

"The various intrauterine stem pessaries appear safe enough, but there are many women who cannot place them. The question is, can they be worn with safety by a healthy woman during the intermenstrual period and not cause uterine disease? The woman with a profuse uterine discharge, I think, would soon find she had tubal disease on account of retained uterine discharge.

"Prof. Walling, of Philadelphia, has devised a stem pessary with grooves along the side of the stem, which, it is claimed, will permit free drainage and can be worn almost indefinitely without any danger in any respect. Most women require a physician to place them, besides if the uterus is displaced and the os does not rest against the posterior vaginal wall it will not remain in position. If the stem were bulbous at the end it would be self-retaining in all cases. Cold water injections are injurious while warm water is not always at hand.

"To one of my friends who has a contracted pelvis and cannot give birth to a living child, I

gave the following directions: They were to acquire perfect self-control according to Zugassent's method, not to reach the climax every time, and when they did, she was to have the orgasm first, then rest a few minutes until the os is closed, then he resumes but withdraws just a second before ejaculation. There is practically no electrical hindrance by this plan, it is perfectly safe as they desired, not fully satisfactory because it is not ideal. Is it injurious? That is the question. Of course it is not as injurious as the usual withdrawal method by which the wife is woefully cheated.

"I am skeptical of the theory of the reabsorption of semen, and am afraid this plan would in time cause hypertrophy of the prostate. There are very many men and some women who would not be satisfied never to reach the climax. Which is best, to have nocturnal emissions, which are sure to occur, or have the emission in the proper way and better satisfaction?"

In *The Medical World* of 1897 there appeared a series of letters dealing with the subject of the prevention of conception. The following methods were suggested:

A vaginal suppository of cocoa butter and ten per cent each of boric and tannic acids.

A spoonful of zinc sulphate in a pint of warm water used as a vaginal injection immediately after intercourse.

An aluminum button placed in the os uteri.

A silk sponge with silk thread attached for withdrawal, placed in the vagina before intercourse.

A pledget of absorbent cotton saturated with petrolatum inserted in the vagina.

Castration.

A bit of sponge inserted in the os uteri.

A condom of goldbeaters' skin.

Limiting intercourse to the period from the sixteenth day after menstruation to the twenty-fifth.

The womb veil with 80 grains of quinine muriate to an ounce of petrolatum.

Get a divorce and vacate the position for some other woman, who is able and willing to fulfil all a wife's duties as well as to enjoy her privileges.

CHAPTER XIX.

MARRIED COURTSHIP.

Many husbands forget, in the carelessness of secure possession, the loverlike ways by which they won their wives. Women never forget, nor cease to prize them. There is something brutish in the way some men simply gratify their sex appetite without any of the preliminaries. The couple retire, the wife fatigued with the household cares, and the husband rested from the day's labor. He feels the desire and gratifies it before she has become sufficiently rested to participate. If men only knew what a pleasure it is to court their wives for such favors, and if wives would only retain coquetry enough to keep their husbands still sueing for love-gifts, and never permit them to demand them as rights, there would be happier homes and more devoted husbands.

Etta Semple, of Ottawa, Kansas, thus presents a woman's view of the subject: "I am gratified at finding that physicians have taken up the much tabooed question of sex, and are trying to solve it in a better and more sensible way than has been heretofore known. It has been my lot in life to be placed where I have had hundreds of women, wives and maidens, voluntarily give me

their confidence. I find that sex has more to do with unhappy married lives than all else, high temper, indigestion, poverty, nay, drink itself does not cause so much trouble.

“Husbands forcing themselves upon unwilling wives, who become semi-aroused by the act, and who try to do their part, thinking it their duty, but who find only bitter disappointment in the end; for men are selfish and this awakening upon the part of the wife only brings on the climax for him the sooner, he never once thinking of her, but hurrying to the end with feverish haste. He then sleeps, while she lies awake for hours, nervous, wakeful, dissatisfied. Many women have slipped away under these trying conditions to their ruin. Are they to blame?

“These rapes, I say, are the main faults; still there are others. During the honeymoon both indulge to excess, both enjoy the act, often after the wife has been cruelly lacerated this excess is kept up. As time rolls on, true to nature, she grows tired, not being as strong as the man, but he is the exact opposite, he grows stronger and stronger. Childbearing causes her to dread the act, as perhaps his excess disgusts her. Then comes the cry, “You don’t love me like you used to,” which cry pierces her heart like a swift flying dart, and being constantly repeated her love begins to wane surely. Then comes the terrible ordeal. He still claims the rights which

were accorded him at first, and she—well she either gives indifferently, turns cry-baby, or becoming a veritable demon she grows to hate not only his touch and kiss (if he ever bestows one upon her), but his voice, his step, nay, his very presence.

“How can this be remedied? I know, for my experiences have taught me. Simply by letting her make the advances until the husband gets acquainted with her, understands her. Let her alone until of her own sweet will she offers her best. If this is done husbands will be repaid a hundred fold. Cease those cross looks and words, and give her a little praise. Compare her favorably with other women during the day, and get repaid at night with compound interest. Don’t vent your spleen on her during the day, then if she is cold and passionless start up your whine of you don’t love me any more.”

Epstein says: “Man will ever stand at the door of woman, pleading for what he has lost. If he is a brute he will act as one, but in the degree as he is ascending the ladder of the human, the uppermost rung of which none but humanity’s Savior alone has reached, in that degree will a man’s pleading be with his lost and found love in the sweetest minor key. There on his knees, with the strong arms with which he elsewhere would grasp and hold that which by the right of might he would call his stretched out

towards her and heaven, he pleads with her, begs from her, adores her; she the weak, he the strong, whom he could crush with but little strain of one hand. No! The sunset-tinted, the divinely-fashioned, the Edenically fragrant woman who betrays no weakness, no sickness, who stands before him with heaving bosom, with human face divine, with outstretched arms and strong angelic form erect, she delights in his adoration. She, she must not, shall not, will not fall a prey to him; but he, the conqueringly conquered, delighted victim, into her arms, on her bosom, there to find his lost, his better part of self.

“You say this is overdrawn, uncommon. Yes, but so is every ideal which must always be the never-reached standard of beauty and goodness; to which when you aspire, in that degree you will be like it, but if you do not, will fall to the level, aye and below the level of some beasts. Oh, that all women would and could feel their true, higher worth to man, and none of them express in her mien to him, that she can and will get him to do anything she likes, and to say in his presence, to ‘get out of the way, or I’ll scratch your face.’ Alas! it is not man alone who in the present age of over-mastering physical powers has lost his regenerating ideal. Woman, too, has lost it, and as she tries to masculinate herself, man is losing his home and his

angel. He finds a roost too often, but rarely a nest, a home. Such is the polyandrist, such is the agamist, man or woman. The remnant of the divine ideal of human life, one man with one woman, neither one with none, is tried to be crushed out by some, not striven for by others, and longed for by not many."

Dr. T. W. Williams says: "As to the *causes* of lack of co-ordination on the part of the female in copulation, the *Editorial Resume* has given a fair presentment of them. They may all be summed up in two words—*male precipitancy*. For anatomical reasons, the action of the female is naturally slower than that of the male, and if we add to the limitations under which she labors in this respect, the absence of *heat*, it is evident that anything like haste on the male side should be avoided.

"Take a lesson from the dumb creation. The female never admits the male until *she* is good ready. I believe man and his older brother, the Orang, among mammals, and the Cock among gallinæ, are the only animals that ever broach the female without her consent. *Complaisance is not consent*. There is no actual consent without participating desire. Mutual consent, in this sense is essential to the highest perfection of the act.

"As the female naturally takes more time, man should imitate the monarch of the forest, with

whom the act is said to be prolonged. Among deer, and the *ruminata* generally, the buck is the antipode of the lion; but the difference exists in his mate, who 'though equally "easy on trigger," never permits his leap until prepared for it. The fault of precipitancy is a correctable one; the power of continence, i. e., of retaining the discharge until the right moment, can be developed by education of the organs, *and* the exercise of self-control. It seems superfluous to make this point clearer to medical men."

Dr. S. S. Wallian says: "The conditions for normal sexual relations are: First,—Physical compatibility. Aside from excessive disparity of size, a certain congeniality—not necessarily similarity—of temperament should exist. Couples too near alike are apt to breed both discord and unhealthy offspring; but a congeniality of leading tastes is a desideratum. Second,—A certain spiritual affinity is absolutely essential. Measured by this latter qualification, all others are comparatively valueless. The nature of this spiritual affinity, so called for want of a better name, is not well understood; but it is certain that it is not mere animal magnetism, although the latter is frequently mistaken for it. Confiding and susceptible women meet a man who is full of animal life, whose glance, touch, and tone are all magnetic, and straightway they yield themselves to the spell, and become as clay in the pot-

ter's hands. Too late they learn that sexual ardor and spiritual affinity are, in no sense, identical.

"Few men have given any thought to the study of *sexual honor*. In sexual matters woman is the necessarily passive or negative factor. Man is the aggressive and positive. It is so throughout the animal kingdom. The female, even in heat, runs or hides to elude the fierce advances of the male, and only yields through partial exhaustion, persistent solicitation, or actual force. The male knows neither discretion nor mercy, but is utterly inconsiderate of all else save immediate gratification. The picture is but little exaggerated as applied to the average male of the human species. Prompted by desire, his voice becomes plaintively tender, his whole nature glows, and he woos with an intensity which is fairly irresistible; but, once possessed of his object, his impetuosity knows no check, judgment and discretion are put in abeyance, and he becomes brutally oblivious, until his exaltation culminates in a convulsive orgasm, by which his fierce energy is spent, and he lies gasping for breath, or stertorously sleeps off the momentary exhaustion; neither knowing nor caring for the moral pain he may have caused or the physical havoc he may have wrought."

Dr. W. J. Brand says: "I do not believe that men are quite as indifferent to their wives as

some of our writers would have us believe. The trouble is not that the woman cannot gratify her sexual desires as efficiently as the man can, but the reason why many women do not care to gratify their desire with their husbands is not the wife's, but as a usual thing the man's fault; for the reason that he is untidy and unattractive, in many cases filthy and loathsome. Many are under the influence of intoxicants, and many others have their mouths full of tobacco or their mustaches saturated with the smoke of some dirty old pipe, with a conglomeration of bad whisky, and occasionally, a little limburger cheese or some other abominable stuff. Then again, many a poor woman is always dragged out from drudgery. Many have a fetus in the uterus and a child in their arms and another at their apron strings, and many others scarcely capable of feeding themselves; with the fact of all of them poorly clad and very shabbily cared for.

“Those are some of the many things that make men repulsive to their wives. Then there are many other causes, such as the wife being too young, not having thoroughly considered matrimonial duties or what it means to be a wife. Then, again, many are not well, they can scarcely care for themselves let alone a great big vigorous strong, healthy man, and we all know it is a fact that many of these little delicate ladies will assume as big an undertaking as though they were

fully capable. One could go on for hours setting forth many causes for women and men sinning, and if one should endeavor to write all the causes that seem to be at the bottom of disease and sexual disgust they would have more of a task than I wish to undertake this night."

Dr. Belcher says: "The female must have at least an affectionate regard and kindly feeling for the male. If all confidence has been lost, and distrust and disgust taken the place of love, normal domestic relations must be restored; but the love-light may be brought back to the eye, and affectionate embrace again given if the man will persistently treat her again with the old-time lover's kindness; not effusively but carefully and diplomatically. He must study her every want and desire, and cater to them, particularly in little things; devote himself to her, never dispute with or speak harshly to her; let her do all the quarreling, she will soon tire of it.

"He should continually bear in mind that it is a mental as well as a physical condition, and that mental as well as physical impressions will ultimately "bring the answer," for in nearly all these cases some occult psychological condition is at fault. He should strive to learn for a certainty (and a husband can) at what period of time during the month she manifests the most desire or is in the most erotic state; this is the time he should take advantage of. He should

deliberately prepare himself for the time, make no assault upon the citadel of love and her to-be-awakened passion until the promptings within her have opened, even a little, the rampart gate, and let the drawbridge partly down; then is the opportune moment for attack—the loving embrace, the impassioned kiss, not rude, she does not desire that as yet. Crave carefully the privilege of loving, playful manipulation of “the parts;” tell her why, be honest with her; make her to know that the full fruition and consummation of love and love’s delights are impossible without the orgasm. Quietly, firmly *suggest* then, or later on, bimanual manipulation or massage of the inter-pelvic sexual apparatus, all in loving, careful kindly touches with some bland emollient, applied to the velvety vulvo-vaginal surfaces; gently press down the uterus deep into the pelvis and then press the finger end softly, then firmly, and finally tantalizingly against the os uteri.

“If this woman loves she will submit— do not tire her, and if at first you would seem to fail, I venture the failure will not be a total one; bide your time and with loving persistence work wonders.”

One rule, never to be neglected, is that the husband should never attempt to enter his wife’s vagina until her own sexual desire has been aroused to the extent of free secretion of the vaginal fluids. Nor should the husband ever

neglect the little niceties that render a man acceptable to a woman. He should be clean physically, from head to feet—especially the feet—his breath fragrant, teeth, nose, ears, clothes, shoes, hands clean, chin shaved; in a word, he should take all the pains to render himself desirable to his wife he would if he were courting her before marriage.

Another method of securing a mutual orgasm is this: Let the penis be entered as far as possible, and the motion following be exceedingly slight, hardly more than a tremor, the root of the penis held firmly against the clitoris. The glans penis does not take part in the movement and is excited but slightly, while the clitoris is much more excited than by freer motion. This is to be continued until the evidences of approach of the wife's orgasm are manifest, when the ordinary motion quickly completes the act for both.

CHAPTER XX.

POSTURE.

Many devices have been suggested in the various papers embodied in this book, each of which may suit some cases—for humanity is not built on one unvarying plan. All sorts of positions are assumed, to find one that will delay the husband and enable the wife to hasten. This is further advisable because the sensitive region requiring friction is not the same in all women. The clitoris may be insensitive; any part of the vulvar ring may contain the area of special sex-sensation; it may be in the uterus or the vagina, or even in the rectum. In one woman there was a sensitive tubercle in the vagina on one side of the uterus, and considerable difficulty was experienced in assuming a position that enabled the husband to reach it. The attitude to be adopted will depend on the location of this sensitive region, and must be found in each particular case by experiment.

Dr. C. E. Jewell says: "I have read with enjoyment and profit the series of papers on sexual hygiene. To my way of thinking there is not so much a lack of knowledge on the matter, as a want of diffusion of that which is known.

"Position: My experience leads to the belief

that too often the newly-made husband reaches the orgasm before the wife, from having made entrance before passion has been awakened or her parts moistened and prepared for the act by previous kissing, fondling and caressing, so necessary with most women. Then the position chosen may be the least favorable for retarding the climax on his part until the wife is ready to enjoy the orgasm, which should be mutual for the best results.

“A little experimenting will show that the male has most control of himself and is slowest reaching ejaculation, if lying on the side or back; the reverse position greatly hastening the climax, possibly because all the muscles are bearing weight and strain, as well as from the force of gravity aiding the escape of semen.

“I have found the following position desirable, as practically no weight is borne by either party, resulting in great ease and comfort as well as greater control to the husband. This position may be old to many, but after seeing many pictorial representations and reading many descriptions of positions and methods—one series being over threescore in number—I find no mention of it. With the husband on the right side of the wife, let them form a gigantic letter Y or X. The husband lying on his left side, passes his right leg under that of the wife, who is lying on her back angling across the bed, passing the

leg on over her left thigh joint in an upward direction; the left limbs of both may be extended alongside of each other, forming the lower part of a letter Y, or under each other similar to those of the right side, like a letter X, thus bringing the parts directly opposite.

“Case. Mrs. A.—Married young to the man of her choice, very carefully brought up to avoid touching or examining sexual parts, although unusually intelligent in other matters, supposed passage for connection and urination one and the same, and that urination after connection cleansed the parts. On attempted connection by husband, spasmodic constriction of sphincter vaginæ occurred, making insertion difficult and painful.

“She endured this for years, bearing one child, feeling no pleasure and expecting none. Being left a widow, remarriage followed. Position and proceedings as above were adopted, passion was thus awakened, no constriction no pain. mutual orgasm.”

Dr. B. F. Meyers says: “Where the husband ejaculates prematurely, let the usual position of wife and husband be reversed. She will not then be hampered by his weight, the position increases her ardor, she can slowly or rapidly move so as to produce the best effects upon her own organs. The under position of the husband dampens his ardor somewhat, and his movements

are constrained so that things are balanced and both are ready at the same time."

Clerico-Medicus says: "Now while it is true that fifty per cent of married women have little or no pleasure in the sexual act, I believe this to spring from want of thought on the part of the husband, resulting in lack of accommodating his sexual organs to the woman's. To be plain, if the male member is not properly placed, the woman will achieve no orgasm, but on the contrary will be left in an irritated and disgusted condition. A medical correspondent writes me that the only time his wife ever achieves an orgasm is when she takes the upper position. I am of the opinion that this bears out my contention of placement, she being more able to bring her clitoris in contact with his member than in the ordinary position."

Dr. T. W. Williams says: "In imperfect erections, especially if either party is unduly corpulent, I advise the standing posture for the husband, the wife assuming the usual position, on the edge of a couch, raised to the proper height to bring the parts in juxtaposition with the male standing. I am aware of the objections urged against this posture by the 'fathers of medicine,' but they were influenced by religious prejudice, the Church prohibiting this position as immodest and immoral. Although the over-fastidious may revolt against medical prescriptions on the sub-

ject, we are often consulted upon these matters, and I believe, with Roband, that we may permit the positions most agreeable, as the dictates of religion certainly do not interpose to prevent the multiplication of the species. In some cases it is the only position available for the ends of marriage, the erection, while sufficient for intromission in the standing posture, subsiding on assuming the recumbent."

Foote describes the following instances of lack of adaptation between the male and female sexual organs, which hinder conception:

"1. The womb is in the right position, but the organ of the male is seven or eight inches long, and, therefore, passes the mouth of the womb. Although the average length of the male organ is six inches, in many cases it is seven, and in some eight or nine, while in a few extraordinary ones its length is still greater. The mouth of the womb must be active, or the impregnating fluid of the male will pass out of the vaginal cavity without causing pregnancy.

"2. The womb is located too low in the vaginal cavity, so that the glans penis of an organ of average length is imbedded in the loose bagging folds of the vagina above the mouth of the womb, and there, away from the entrance to the uterus, the seed of the male is deposited. As it falls outwardly, unless the mouth of the womb is very active, it passes this orifice and finds its way out

of the vagina, not a drop being retained for fecundation. This position is not uncommon.

"3. The female organ is well formed, but the male organ is only three or four inches in length and consequently barely passes the external and internal lips of the vagina, leaving a distance of two or three inches between the glans penis and the mouth of the womb. Now, here we see quite a disparity, and especially so when it is borne in mind that if the penis be even one inch too short, and deficient in ejecting force, the impregnating fluid may fail to reach the womb unless the mouth of the latter has active absorbing power. The force with which the semen is ejected from the male greatly varies in different persons, so that, if one having but little of this force and a short penis, is united to a female having the womb in the right place, but deficient in suction power, pregnancy will not be likely to take place, however fruitful the female may be in the production of healthy ova, or the male in secreting vital semen.

"4. The male organ possesses the average length, but the uterus is located too far up the vaginal cavity. The vaginal canal is really quite too long. The distance from the outer surface of the external lips of the vagina to the mouth of the womb should not exceed five or six inches. Here the distance may be eight inches, leaving a penis of six inches in length two inches from

the mouth of the womb ; and one of three or four inches hardly half way up the vaginal cavity. If the woman of this type be the wife of one having a short penis, all must depend upon extreme susceptibility to impregnation on the part of the former, for the ejaculatory force of the seminal expenditure could hardly be sufficient to reach the mouth of the womb, if the male organ is of the usual length. With two inches space between it and the uterus, deficiency of suction power on the part of the wife and of ejaculatory force on the part of the husband, intercourse would prove fruitless.

“5. The womb is in the true position ; but there is a downward curvature of the male organ, so that it not only does not reach the mouth of the womb, but it pours the fecundating fluid upon the back wall of the vagina, from which position it may pass out without coming in contact with the mouth of the womb.

“6. The penis has a side curvature, and points to one side of the walls of the vagina. The deposit of the seminal fluids in this place, at each intercourse, is sufficient in some cases to render the married pair childless.

“7. The neck of the womb is twisted so that it will not face the glans penis in the sexual act. This malformation is not infrequently met. The suction power in such a womb is never more than moderate.

"8. The glans penis is twisted sideways. In some cases the glans is bent downwards, and in others upwards.

"9. The top of the womb fallen forward, causing the mouth to rest against the back wall of the vagina. So imbedded is the neck of the uterus in the membrane lining the vaginal cavity in some cases of this kind, that no other than mechanical means can possibly rescue a female from barrenness. When it simply rests against the back wall, without pressure, the penis passes above it and pregnancy may be prevented from taking place.

"10. The opposite position, the mouth of the womb pressing against the front wall, dividing the vagina from the bladder, in which case the penis passes under the mouth of the womb and to the side of it. When the womb occupies this position, or the one shown in 9, its mouth is as completely covered as if the finger were placed over it. To these two positions may be attributed the most common causes of barrenness presented under the head of local inadaptation.

"11. The uterus has fallen downwards as well as backwards. There are also downward and forward displacements, as when the womb occupies the low position with its top against the bladder, and its mouth against the rectum. In these displacements the penis presses against one side of the womb, and in most cases is not allowed to enter far into the vagina. When, however, the

male organ is short, this position of the womb occasions no inconvenience in coition. If the male organ is long, it does.

"12. The uterus in its right place, and the penis also; but the glans penis is covered with the foreskin, which will not yield and press backward, but closely envelops the glans and projects beyond it. This is technically called *phimosis*, and unless the orifice of the foreskin is on direct line with the glans, the seminal fluids may be misdirected, and their ejaculatory force impeded.

"13. The womb is doubled upon itself. In a case of this kind, the male organ has no difficulty in coming in contact with the mouth of the uterus; but the canal leading up through the neck to the cavity of the womb is nearly or quite closed up by its cramped position. In this position the mouth usually has but little suction power, and some times none at all. When the suction power is sufficient, the compressed condition of the canal may obstruct the passage of the spermatozoa, and thus prevent the possibility of conception.

"14. An irregular, contracted vagina, preventing the entrance of an ordinary-sized penis to a sufficient depth to meet the mouth of the womb. The womb itself is in good position, and in its right place; but it is practically blockaded. While many of these contractions are congenital and incurable, some are produced by disease, and may

be remedied. When congenital, the skillful knife of the surgeon may sometimes obviate the difficulty.

"15. A similar inadaptation arising from the unusual size of the male organ. When the diameter of the penis much exceeds two inches, it is apt to prove a troublesome member. If the mouth of the womb is very active, this inadaptation may not prevent pregnancy.

"16. The womb in its proper position, and the glans penis near its mouth, but the natural outlet of the urethra of the male has been closed by disease, considerably scarifying the glans, and the orifice through which the seminal fluids are discharged is over, or in more cases, underneath the glans penis, and a little below it. In such a case the glans may be so pressed against the mouth of the womb as to absolutely obstruct the orifice when the seminal fluids are discharged in an upward or downward direction. In such a case the suction power of the uterus might be vigorous, and the end of the penis so block the passage into the uterus that pregnancy would not take place. If the mouth of the womb be inactive in such a case, conception would be almost if not absolutely impossible, excepting with the adoption of some means recommended for overcoming local inadaptation.

"In all cases of barrenness, the husband and wife should first make themselves sufficiently ac-

quainted with their procreative organs and the various kinds of local inadaptation to determine if local inadaptation may not be the probable cause.

“If the inadaptation be such as is represented by either 1 or 2, make a circular cushion as large as the hand, stuffing it with hair or cotton. Then make an orifice through its center large enough for the male organ to pass through. The thickness of the cushion should be just sufficient to bring the end of the penis, in intercourse, in juxtaposition or face to face with the mouth of the womb. Use this cushion whenever connection takes place for at least one year, unless the object is sooner attained; for a woman who does not readily conceive may not have more than one or two susceptible periods throughout the whole three hundred and sixty-five days.

“If the inadaptation be as in 3 and 4, in some cases a bandage fastened tightly around the body of the female, over the abdomen, during connection, will press the womb downward sufficiently to bring the mouth of that organ in contact with that of the male. The posteriors of the female body should also be elevated by a pillow for obvious reasons. Observance of these directions failing after six or eight months’ trial, the wife may, in addition thereto, draw in her breath as fully as possible and with it press downward at the moment the male fluids are being received,

This alternative should only be resorted to after failure of the first, because this downward pressure of the breath in some women having a relaxed uterus prevents the seminal fluids from entering the mouth of the womb, but there are cases in which this kind of effort favors conception.

“If the inadaptation be such as illustrated by 9 the bladder should not be voided for several hours before, nor until at least thirty minutes after connection. If connection be painful with the bladder thus distended, make a pad of hair or cotton as large and thick as the hand, and another one of the size and shape of half an orange. Attach the flat surface of the latter to one of the flat surfaces of the large cushion right in the center. Then void the urine before intercourse, and place the conical surface of this cushion over the region of the bladder, or, in other words, a little above the bone at the top of the entrance to the vagina. Fasten it to this place by straps or strings passing round the body. This will produce a pressure against the bladder, and the bladder will press against the upper part of the womb and cause the same to assume a more favorable position. To facilitate this object nearly or quite the whole weight of the male body should rest upon that of the female at the moment of the seminal discharge. If this plan fails, in addition to the application of the pad over the region of the bladder, take the precaution before coition to place a

piece of moist velvet sponge under the neck of the womb so as to bring it forward, but press the sponge sufficiently back to prevent it getting out of place. It would also be necessary to make use of the cushion directed for 1 and 2 if the male organ passes beyond the mouth of the womb.

“If the inadaptation is such as is represented in either 10 or 11, conception would be more liable to take place when a desire is felt for a movement of the bowels, as the pressure of the feces in the rectum tends to press the upper part of the womb into its proper position, and thereby brings the mouth of the womb away from the front wall of the vagina. If this rule be observed, the feces should be still further retained for upwards of forty minutes after conception, as immediate straining might expel the male germ from the feeble uterus; and it is proper to add that violent straining at stool within twelve hours after might defeat conception. If this distention of the rectum by the plan presented does not sufficiently liberate the mouth of the womb from the front wall of the vagina, insert a piece of moist velvet sponge between the neck of the womb and the wall of the vagina, taking care to press the sponge far enough above the mouth of the womb to prevent it from falling out of place. If conception fails after observing the foregoing suggestions for four or five months, it would be advisable, in addition to adhering to the same rules,

for the female to make a practice of reclining on her face more or less every night, and for twenty or thirty minutes before connection, and even during connection, if necessary, as this position still further aids in restoring the womb to its right position when the upper and heavier parts rest against the back wall of the vagina. In this kind of displacement it may be necessary also to observe the direction given for 1 and 2, if the male organ be long or the womb low down in the vaginal cavity.

"If inadaptation proceeds from phimosis, as in 12, the male should be circumcised if the foreskin be very redundant; or if constricted only, the part can be expanded.

"When the neck of the womb doubles upon itself as represented by 13, medical treatment should be resorted to for the purpose of giving it its natural shape. The skillful physician can usually remedy the trouble, but if he fails recourse may be had to the impregnating syringe.

"Fourteen presents a condition of the vagina that might render childbirth unsafe, if conception were possible. Consequently the opinion of a physician should be sought as to the expediency of adopting means that would favor conception. In most cases of this kind the use of the impregnating syringe causes pregnancy to take place, but might it not be hazardous to the wife to encounter the possible perils of parturition? If

the congenital or acquired malformation of the vagina can be removed by the surgeon's knife, then conception might take place naturally; but, again, if the surgical operation should materially lessen the elasticity of the vagina, it might not be possible for the living child to pass the inelastic cavity. While some of these cases may be helped out of barrenness without unusual hazard, it would be well for persons who are unfruitful through this cause to obtain the opinion of some experienced medical man.

"Sometimes, however, in cases like sixteen, barrenness may be overcome by arranging the cushion as directed for 1 and 2, of just sufficient thickness to prevent the end of the male organ from pressing or even touching the mouth of the uterus. This precaution will at least prevent the mouth of the womb from becoming blockaded. When other means fail, an operation may usually be safely performed for the restoration of the mouth of the male urethra to its natural place."

CHAPTER XXI.

ARTIFICIAL FECUNDATION.

Little is now heard of Gerard's method of artificial impregnation, though at its first introduction the world rang with it.

Gerard came to these conclusions :

1. Every normal woman whose husband has normal spermatozoa, married two years without pregnancy, is justified in resorting to the artificial method.

2. Every woman with uncured catarrh is so justified, as the semen is thus carried beyond the reach of harm.

3. Every woman with uterine deviation, without inflammation, when postural instructions have not resulted favorably.

4. Every man with uncured frigidity, the wife and his own semen being normal.

5. Every man with rudimentary or disproportionate penis, the semen normal.

6. Every couple where obesity of one or both is an obstacle to natural intercourse.

The longer a woman is married without pregnancy the less is her chance of motherhood.

The contra-indications are :

1. Acute or chronic disease of the uterus or its adnexæ, which must first be cured.

2. Women menstruating abnormally are sterile functionally until made regular by proper treatment.

3. Dysmenorrhea, before, during or after menstruation, must first be cured.

4. When the spermatozoa are abnormal in number or quality, this must first be cured.

5. If the operation cannot be performed under the best of physiological conditions it should not be done at all.

Absolute contra-indications are: Malformations of the pelvis preventing normal accouchement; retroflexion with cicatricial adhesions rendering the uterus immobile; incurable organic genital lesions; serious diatheses, syphilis, tuberculosis of husband or wife.

The apparatus employed by Gerard consisted of three syringes designed to take up the semen, from the vagina or a condom, and inject it into the uterine cavity. The semen is carefully kept warm in a couveuse specially designed for the purpose. In this are placed a thermometer, Fergusson speculum, the syringe, a glass capsule for the semen, and a tampon of wool or cotton to plug the uterus after the injection. Portable stirrups are advised, with slippers, allowing the wife to lie comfortably while receiving her husband's embrace, and for several hours after the operation.

If the semen is allowed to get above 40 degrees

centigrade or below 37 it is useless. The speculum and syringe must be kept at 40 degrees C. Water kills spermatozoa, so that placing the instruments in water insures failure. Even the moisture on instruments wiped dry is fatal. Guard against introducing the minutest globule of air into the vagina, but inject a full cubic centimeter of semen.

The best time for the operation is during menstruation. Women conceive more readily at that time, the secretion invigorates the spermatozoa, and the child is not specially apt to have red hair. The place is by no means a matter of indifference, the usual marital chamber and couch being preferable.

The semen is normally deposited in the vagina, the physician introduces the warm speculum, fills the warm syringe with the semen found in the vagina, introduces the syringe as far as possible in the uterus without causing pain, and injects at least a cubic centimeter of semen, taking due care that it remains therein. Then withdrawing the instrument he notes if the semen is retained as a mass, after which he closes the cervical canal with the tampon.

If normal relations are impossible the semen is received into a suitable receptacle. The greatest care must be taken to prevent the semen being chilled. The vagina should be douched two hours before the operation; and fifteen minutes before,

it should be completely dried out with absorbent cotton.

In many instances the modesty of the parties revolts at the introduction of a third party to the marital chamber, even if he be a physician; and another expedient has been devised. This is the introduction into the uterine cervix of a small speculum, to hold the canal open that the spermatozoa may more readily penetrate to the fundus. The specula devised by Gerard are tubes of ivory, rubber or celluloid, one of which is introduced by the physician in the evening, intercourse takes place during the night, and the speculum is not removed till morning. An American surgeon has improved this by substituting wire specula, which hold the uterus open but do not compel the spermatozoa to traverse a foreign surface. Gerard used his tubes to drain the uterus in cases of catarrh, and left one in position for months with impunity.

It has been found that semen is sometimes very irritating to the uterus, its injection inducing violent uterine colic. Apparatus has been devised to allow the injection of very much smaller quantities than Gerard advised, even one-tenth of a drop being as much as some uteri will tolerate.

CHAPTER XXII.

MANAGEMENT OF PREGNANCY.

Whatever may be our view as to the importance of maternal impressions there is little question as to the wisdom of keeping the pregnant woman as quiet, comfortable, happy and easy in body and mind as is possible. Keep her free from worries, surround her with every bright, pleasant influence, and remove every possible cause of annoyance. Who can estimate the possibilities of harm done by the presence of a nagging, doleful, quarrelsome or meddlesome person, keeping up a constant irritation during the period when the future child is taking form? Or the influence of peace, ease, flowers, music, happy hearts and bright, laughing faces?

Exercise in the open air is essential. The easiest labors come to women who keep up their activity to the last, avoiding such hard labor and strains as might endanger the life of the fetus.

The usual customs as regards bathing need not be altered during pregnancy. The diet should be carefully arranged to meet the needs of child and mother. The appetite is usually increased, and often cravings exhibited for certain foods, sometimes for unusual ones. These should be carefully studied, as they may indicate needs of

the body not supplied by the usual diet. As the child requires much lime for its skeleton, many of these cravings are for this element in some shape—chalk, tooth-powder, slate-pencils, white-wash, etc. Neglect to supply a due amount of lime may result in rickets in the child, mollities ossium or loss of teeth in the mother, or simply delicacy and debility in one or both. Oatmeal and corn contain large percentages of lime; the soft bones of fowls, veal, etc., may be eaten, or ten to twenty grains of calcium lactophosphate may be given daily, in divided doses.

Otherwise, the diet should be liberal and varied, avoiding the general tendency to limitation, which impairs the digestion. See that albuminoids, starches, sugars, fats, salts and fresh vegetables or fruits, are each fairly represented, but do not allow an excess of either. One of my patients developed a craving for peanuts, eating a quart every day she could procure them. The baby weighed $14\frac{1}{2}$ pounds, and she was so badly torn that for her whole life she suffered in consequence. In such cases allow a full quantity of fruit and the bulky vegetables, with a moderate quantity of the food craved. Too much carbohydrate (sugar, starch or fat) will increase the baby's bulk but not its strength, and render labor more difficult. Too much lime may hasten ossification and render the bony structures less yielding. If there is a craving for sweets, try

to satisfy it with figs, dates and such articles rather than with candy. Do not let the woman have "store-candy." The increase of diabetes recently seems coincident with the use of glucose in candy, and it is best to avoid possible danger. Let the candy used be made at home, of pure sugar, and used in moderation. Coffee, tea, chocolate and cocoa are permissible in the usual quantities, harmful in excess. All alcoholic beverages are to be forbidden. If there is a craving for them, a careful investigation should be made to ascertain the cause, and suitable means taken to remedy it. Excessive water-drinking is only less injurious than too great abstinence. The latter interferes with elimination, the former tends to the production of excessive fat.

The clothing should be arranged for comfort, usually wool being worn next the skin. The corset must be forbidden, though some women require abdominal support in the latter months, using a special corset, an elastic supporter, or a wide flannel bandage with suspenders. This is a great comfort where the pendulous belly causes dragging and backache. The feet must be kept warm and dry, the shoes whole, and all pains taken to avoid catching cold.

The points of greatest importance to the pregnant woman, however, are the regulation of the bowels and kidneys. Constipation is responsible for most of the nausea, headache, vertigo,

melancholy, insomnia, and even for the kidney-disorders of pregnancy. Regularity in going to stool must be enforced, with the use of water and fruit. If this is not enough a small dose of Saline Laxative in a glass of cold water on rising is advisable. All cathartics that may irritate the uterus and endanger the life of the fetus, even castor oil, are to be avoided. If the Saline is insufficient the colon should be flushed with warm water.

The urine should be examined weekly to determine the total excretion of solids. If this falls below 500 grains there will be trouble; if below 250 grains there is imminent danger of eclampsia. The easiest method of examination is this: Collect the urine for 24 hours, note the specific gravity, multiply the last two figures of this by the number of ounces excreted, and this by 11-10; the result is the number of grains of solids excreted. This is of far greater importance than the presence of a little albuminuria, though this should not be neglected. Buttermilk is one of the best of diuretics, and may be drank in any quantity. Apocynin 0.01 (gr. 1-6) every two to four hours is especially valuable when there is dropsy of the ankles and irregularity of the heart. Etheridge advised sweet spirits of niter for these cases. Lemonade neutralized by soda is a good diuretic. For plethoric, gouty, gluttonous or uricemic people, colchicine is the

remedy, 0.0005 (gr. 1-134) four times a day being the average dose.

During the last month of pregnancy the nipples should be drawn out by a breast-pump or dry cup, and rubbed gently with cold cream. Sore nipples are caused by the very simple fact that the epithelium covering the nullipara's nipple is not extensive enough to cover it when distended for nursing. In due time the epithelium will grow over the surface, but until it does so there is a raw surface, made sore by the child's nursing. This may be prevented by the precaution advised.

Vomiting of pregnancy is usually prevented by attending to the bowels and kidneys. If, however, it persists, examine the genito-urinary organs and rectum for sources of reflex irritation. The most common is fissure of the os uteri, quickly relieved by an application of tincture of iodine or of benzoin comp. Anal fissure, hemorrhoids, sphincter-spasm, etc., may require attention. Sometimes sexual intercourse excites nausea, at other times relieves it. It may be that the reflex is due to the distention of a rebellious uterus, and it has been relieved by forcible dilation—a procedure requiring skill and luck to avoid the induction of abortion. Cerium oxalate 0.01 (gr. 1-6) every five minutes, bismuth subnitrate 0.3 (gr. v), emetin 0.001 (gr. 1-67), quassin 0.001 (gr. 1-67), iodoform 0.01 (gr. 1-6),

are sometimes effective. Every drug in the materia medica has at times been recommended for this affection. It is better to seek the cause than aimlessly alternate remedies.

Headache is due to constipation, deficient elimination, autotoxemia, eye-strain from fine sewing, or other causes—each of which requires its own treatment.

Backache is due to the dragging of the pendulous belly on the lumbar muscles, possibly sometimes to pressure on the kidneys.

Pressure on the nerves may cause neuralgia of the sciatic or other nerves of the lower extremities. This may be relieved somewhat by abdominal support. This is also advantageous in pressure-dropsy of the legs.

Rarely women become insane during pregnancy. One such case came to Dixmont during my residence there, and she had been there during every pregnancy. Reason returned to her when her child was born. When we consider the liability of heredity in such a case few will question the assertion that prevention of conception is an emphatic duty. The only treatment in the case mentioned was to lock her in a room and let her fight it out. Nowadays, attention to the eliminating apparatus might relieve the brain of the irritant.

Fear is a real danger to the pregnant woman. Let me say right here that in pregnancy at least

the woman's wishes are supreme and must rule. She must be allowed to choose a nurse whom she feels will be agreeable to occupy her room with her for a month—no small matter! She must have the doctor she wants and feels secure with, all other considerations being cast aside. If the medical magnate disgusts her by his tobacco-chewing, soiled linen, profanity, boorish ways, let her choose the dapper little dude who has just escaped from the college back-door if she so wills. And when she has found the man she trusts, his assurance of safety will comfort and quiet her, and prevent a possible disaster that might otherwise be induced by her auto-suggestion of trouble.

CHAPTER XXIII.

DIET TO INFLUENCE LABOR.

We frequently see in the homes of the illiterate a book bearing the title of "Tokology." In this the author promulgates her theory, that by using during the period of pregnancy a diet composed of articles that contain little or no lime, the infant will at birth be practically boneless, and the birth will be literally painless, so much so that oftentimes the mother awakes in the morning to find the child born in her sleep! Here the author's racy imagination fails her, as we would naturally expect to read that the child was washed and dressed, the secundines and bedding properly attended to, a brand new crib and perambulator at the bedside, and the baby sucking at a nursing bottle of the latest design.

A number of cases have been reported in which prospective mothers followed the teachings of this book, with varying results, generally disastrous to mother and child. Some mothers hold on to all the nourishment they need, and the child they are carrying or nursing gets only what is left. If that is sufficient, well and good; if not, the child is born in the boneless condition described, and soon succumbs. In other cases the child takes the supply and the mother suffers.

We have all seen the little consumptive woman nursing a big fat baby, and heard her tell of the large supply of milk she has for the babe. Others are liable to develop osteomyelitis, or other diseases of innutrition, from the starving process. Incalculable harm has been done by the circulation of this book among an ignorant class of women, incapable of appreciating the harm they are doing or recognizing it in time for restorative treatment.

That there is some good to be done by regulating the diet of the pregnant woman, even in making her labor easier, no one seeks to deny. One of the most recent attempts to do this is that of Prochownik.

He seeks to render obstetrics a simple and easy problem, by enforcing a limited diet during the latter two months of pregnancy. This is not the starvation method advocated in "Tokology." Prochownik simply deprives the child of unnecessary fat and water, while leaving it all that it really requires. He puts the mother on a diet largely of meat and fruit, limiting the sugar, starch, fat, and especially the water, as closely as possible. ✓

Here is his first case: A woman whose four preceding pregnancies had ended in perforation, version and two premature deliveries, all children perishing. The trouble was a narrow pelvis.

"The diet from August 1, was as follows:

"Morning: Small cup of coffee and about six drachms zwieback.

"Noon: Any kind of meat, eggs and fish with very little sauce. Some green vegetables with fat added. Salad, cheese.

"Evening: As above, with addition of $1\frac{1}{2}$ ounces bread and as much butter as desired.

✓ "To be entirely avoided: Water, soups, potatoes, cereals, sugar, beer.

"Fluids per day limited to 12 or 15 ounces of red or Moselle wine.

"Confinement at term. Breech presentation—little help required. Child female, weight 2530 gm. (5 lbs.), $50\frac{1}{2}$ cm. long, lean, bones firm, bones of skull hard yet freely movable. No lanugo-hair, but abundant long head hair. Panniculus adiposus everywhere slightly developed, although the osseous system had not suffered. Head: circumference, 32.8 cm.; long diameter, 10.0; transverse diameter, 8.2. Large fontanelle, 2.4 long. Breadth of shoulders, 11.4. Child did splendidly on the bottle, fed like a perfectly mature child (250-280 gm. weekly), still lives, is healthy, free from rickets and has recovered from several of the diseases of children."

Horn has collected forty-seven cases submitted to this method, not a mother or child being lost. In one case, a very fat woman, the diet failed to keep the child thin, but as the mother gained twenty-two pounds, there is room for doubt as to her obedience.

CHAPTER XXIV.

MATERNAL IMPRESSIONS.

The question whether impressions made upon the mind of the pregnant woman may result in deformity or "mother-marks" on the offspring, has been freely discussed in the CLINIC of 1899. Many believe in the possibility of such marking, and others are skeptical.

Many instances have been related of supposed maternal impressions, but there is no possible proof that there was any connection between the "impression" and the mark. When a child is born with any peculiarity, the mother and relatives at once cast about for a possible cause, and when one considers the multitudinous occurrences of the nine months of gestation, it is not strange that something can be recollected bearing some analogy to the mark. But it is the merest assumption to connect the two as cause and effect.

It has been noted by so acute an observer as Dr. Coleman that in numerous cases when the prospective mother had firmly concluded that her baby would be marked in a certain manner, nothing of the kind occurred. The writer has never met with an instance in which a mark has been foretold before birth, though hundreds of young mothers apprehend them, and in some cases this

conviction was so firmly rooted that he really feared the force of auto-suggestion might produce the mark.

The supposed "marks" and deformities are easily classified as arrests of development; and it is significant that classification by the mother's "impressions" is impossible. Frights from negroes never result in negro babes, etc. "Frog-heads" are acephalous monsters, and it generally requires credulity as well as imagination to recognize snakes, lizards, mice, elephants, and other specimens of animate or inanimate nature in the various nevi, moles, wine-marks, and other slips of the embryonic tissues.

The most remarkable fact in the whole matter is the absence of any credible records of marks occurring as predicted before birth. One would think that as every such case is sure to be seized as good evidence of the theory, there would be in any event a respectable collection of them. In the discussion of this matter in the CLINIC of 1899, not one such case was adduced, though the challenge was read by over 30,000 physicians. It would seem that out of this immense host, whose combined experience probably covers over three million obstetric cases, at least one solitary case might have been observed, if even an accident. But the absence of such records seems to warrant the opposite theory, that Nature guards the child *in utero* so jealously that no evil can possibly

reach it by way of the mother's emotions. Believing this, we would feel constrained again to bow the head in recognition of the consummate wisdom of the Supreme and beneficent Creator.

Dr. Edward Lindsey says: "I feel moved to utter a protest against Mr. Bayer's book being considered of any value. In so far as any one can collect any connected or definite theory from the book, he seems to be trying to show that the origin of individual variations is some especially strong impression made on the mind of the mother during pregnancy. To prove this theory, he reports a number of cases, most of them statements of untrained observers, both of effects and the assigned causes, and none of them showing sufficient facts on which to base a reasonable theory, as to the cause of the stated conditions.

"A type of all his cases is the one on page 147, of the birth of a blind child. To this circumstance the author assigns as a cause that the mother within a year had visited a blind asylum, and been impressed with the persons she saw there. There is no hint of any investigation as to whether or not the birth of the child blind was due to any known physical cause. For anything we can gather from the report such cause may have existed.

"Whatever else there is in the book is merely argument that no other theory exists of the origin of variations. Weissman, in his 'Germ

Plasm' propounds at least a logical theory. Whether we agree with him or not, we must at least regard it as certain that the fetus can only be influenced as to variation as well as to determination of sex by nutrition.

"However, Mr. Bayer has no theory of how an impression made upon the mind of the mother during pregnancy influences the unborn child, nor of why any particular impression has such influence and others not. He merely asserts that such is the cause of all variation, and gives us not one atom of proof of his assertion."

Dr. Weathers tells of a woman who was struck on the back by an egg, while pregnant. The child had a mark on his back similar to the splash made by a broken egg. Another child was born with a red mark on the upper lip, attributed by the mother to her seeing a child with epistaxis. A third case was that of a boy who inherited kleptomania from his mother. A butcher's wife helped her husband slaughter animals while she was pregnant. Her boy, at twelve, endeavored to kill his playmates with a hatchet. "The criminal and his children should be emasculated."

The third case is simply one of heredity, which nobody denies; and the fourth is probably of the same sort, rather than of impression.

Dr. Capps, of Tennessee, born during the war, combats Dr. Collins' idea that such men are more apt to be the leaders of mobs. Nor are the moth-

ers in this way responsible for the conditions inciting to such violence. The peculiar social conditions of the south, and not maternal impressions, are responsible. The Northern man would resent the same wrong as vengefully as his Southern brother. The editor fully agrees with this statement.

Dr. Holsteen says: "In Dr. Kendall's case they only decided that the child looked more like a lizard than like an owl because the mother had not seen any owls. What if the mother had seen no lizard? They might have found a resemblance to the cookstove! Some people have a faculty of seeing things about as they wish them. The 'maternal impression' all admit is heredity, proven, not controlled by the mother. She has not been able to control the sex of her child, the subject of more thought than all the strawberries and lizards on earth. In nine months a woman will experience such an infinite number and variety of emotions, will see such a vast multitude of things and happenings, that she can go back into memory's recesses and easily recall what may be made to account for any conceivable mark on her child. Take one lone day of your life. How many situations, happenings, articles and beings have been brought to your consciousness." He agrees with Dr. Capps as to Dr. Collins' theory.

"Faith, fanatic faith,
Once wedded fast

To some dear falsehood,
Hugs it to the last."

"So those who choose to, may go on hugging maternal impressions. I'd rather hug the *matter*."

Dr. J. W. Straughan, of Indiana, takes the ground that the cause of maternal impressions is to be found in the psychologic force. He, like Dr. Holsteen, combats the editor's assertion that causes must act uniformly. This can only be expected when all the circumstances are uniform, which the editor admits.

Dr. Neel, of Kansas, agrees with Dr. Collins. He describes a child born with deficiency of the occipital tissues, resembling a frog. He told the relatives the mother must, in early pregnancy, have seen a frog killed, and the parents verified this statement. A dentist, in his wife's early pregnancy, extracted her molar; the child had "a perfect molar in the temporal fossa."

Dr. Shaw, of Michigan, does not think Dr. Powell's illustration of the mulatto baby applies, since heredity accounts for such characteristics; while mother-marks are not transmissible, resembling in this mutilations. A man has some resemblance in his face to a turkey-gobbler's, when swollen, attributed to a maternal impression, but his children do not inherit the deformity. It may be a lie. [By no means. The story is probably true; and yet the mother may be mistaken as to

the accident causing the deformity.] A vascular nevus, developing from a slight mark eighteen months after birth, was attributed to the pregnant wife discovering a scar on her husband's face in the same situation.

Dr. Schlathoelter, of Missouri, claims for suggestive influences the power of exercising on the fetus such a force as may modify its nutrition. [We cannot gainsay this; and the nearer our friends come to the influence of heredity, the more we are disposed to agree with them; but when it comes to saddling an innocent mother with lifelong grief, under the plea that some perfectly innocent act has caused the mutilation of her child, we must rank ourselves against it.]

Dr. Lee, of Mississippi, asks where the proof is to be obtained. Temperaments differ, and so one is affected while others are not. Anger sometimes poisons a mother's milk. Can it be explained? Dr. Powell is off as to mules and mulattos, but very close to the truth in attributing freaks to arrest of development.

Dr. Mumford, of Louisiana, says that there is no doubt but that the child is influenced by the state of the parents during coition, such as the father's alcoholism; but the question here is as to the mother's mental state affecting the child and at what period of pregnancy. While we cannot heed every idle tale of marks, etc., many instances go to prove that the mother's mental

state has a great influence in forming the character of the child, and that even deformities may result from maternal impressions. A girl had "tits" below the jaw, attributed to a fright by a she-goat. A man had his hand amputated, his wife being in the first month of pregnancy. The child was born with one hand missing. "Was this a freak or maternal impression, or did the child inherit the deformity?"

Dr. Lanphear, a physician of Massachusetts, draws several arguments from the Bible to prove the maternal impression theory. We presume that these are familiar to all our readers, some of whom may be inclined to rely on the words of Holy Writ to prove scientific theories, while others may aver that by this means the Scripture may be brought into disrepute, as equally conclusive arguments in proof of witchcraft and against the roundness of the earth, the motions of the celestial bodies, etc., have been drawn from the same source. With common consent, we will therefore, leave this line of argument to the individual reader. Dr. Lanphear states that a lady, seven months pregnant, stepped on a snake, which lay around her ankle and across her foot. The child born two months later showed a discoloration in a corresponding location. He further quotes the reverse influence of the fetus on the mother, causing morning-sickness, longings, etc., and this knocks out the statement of the editor

as to uniformity of the cause. Women experience different sensations in successive pregnancies, especially if the sex of the child is different. A lady experienced a peculiar sickening sensation on ejaculation of the semen at fruitful intercourse, bearing girls. She refused to believe herself pregnant because this sensation was absent, but this was a boy. Why? Thus, the presence of the fetus, being the cause of the mother's unstable nervous state, is the true cause of the "fruitful" impressions. To Dr. Powell's inquiry, why the sight of handsome people does not influence beauty in the child, Dr. Lanphear replies that it does; though the suddenness of a shock or fright renders it more likely to have a marking effect. As an instance of paternal impressions he mentions the fact of a mare, once put to a jack, her progeny by stallions thereafter will show traits of the mule. So, also, the child of a second husband may resemble the first husband. Men cohabiting with negro women may reverse this. [?] A breeder claimed to have produced black foals in pure bred horses, not black, by violently agitating some black object in the water-trough till the pregnant mare was frightened.

W. S. Cline, of Virginia, says: "A nervous lady, in her seventh month, stepped over a large moccasin snake, which fastened its fangs in her skirt. Of course she was very much frightened.

When the child was born there was as perfect a snake over its abdomen as you ever saw."

J. C. Wade says: "I have practised medicine over thirty years, and given close attention to maternal impressions. I don't doubt that children are often marked and deformed by the longing desire for particular objects, or by frights that have deeply impressed the thoughts of the mother. I could fill the pages of the *Clinic* with illustrations like the following:

"A mother, during gestation, was at the milk-yard when one of the cows attempted to jump over the bars and hung on the top, which so frightened the mother that she wrung her hands, screamed and fainted. Result: Child born at term with both hands and feet split, with a horny substance on each prong resembling a hoof.

"Now for cause: Certainly we believe there are no nerves in the cord, but how about the mind, the living, thinking part of the mother, as a substantial entity of her dual organism, acting on the vital, mental and corporeal organism of the embryo?"

F. A. Becker, of Wisconsin, says: "Nerves will never be found in the navel-string, because they were not judged necessary by the Creator. Looking at the subject without bias but with common sense, methinks, we find in Leviticus 17:14, 'The life is in the blood.' Until disproved we may take this as fact. We know

that the sperma (zoöe) is so to say an alkaloid of the blood; and further that the sperma is a real living being. It will generate a real living something, after the very fashion and form of him who caused the sperma to come into contact with the female oviculum, taking it as its first building material. We get over many self-created difficulties by the use of common sense as the great Virchow said in his London oration recently. An electric fluid is Nature's basis of blood life, as well as a necessity of the life of plants; also the fundamental laws of cohesion, adhesion, sympathy and antipathy. Blood being the life-giver, only healthy blood can create healthy sperma; bad blood inherits the sins of the fathers. There is a quick change of the blood on motion or fright, the blood rushing to the head, the heart or the extremities. Such sudden changes or long cravings will influence the formation or even the habits of the growing fetus. Many persons have died from fright alone. In 1845 I saw a man without hands or feet. The burgomaster stated that the man's mother, while cutting fodder, cut off the four legs of a young hare, the animal falling on its back so that she saw the mutilated limbs. The child was born without hands or feet.

"A young mother opened a sack of flour, when out jumped a mouse into her face. Her baby was born with half a mouse on the cheek, with hair upon it.

"All is in the blood, nobility as well as meanness."

The subject of maternal impressions was discussed at the Chicago Academy of Medicine. Spitzka described specimens in the British Museum of chicks with parrot-like beaks and toes. The hens had been frightened by a parrot. Kiernan termed the malformations merely arrests of development. Birds are aberrant reptiles, Saurapsidae, and during development pass through a reptilian phase. At its end the arrest of development took place. Such reported cases are divisible into two classes: Arrests of embryonic development, traceable or not to the alleged maternal impression, and photographic impressions charged to a factor utterly incapable of producing them because of the late period in fetal life at which the impression is said to have been made. One case was attributed to a fright by a bull at the eighth month of pregnancy, but the arrest of development must have occurred at a much earlier period. No force could turn back the clock of embryonic development so as to produce at the eighth month changes that must have been based on an arrest in the first month. Another case was one of cyclopia. This is a reversion to the ascidian, where the vertebral eye is prominent, in man shrunk to the pineal gland. Daresta has shown that the production of the single eye, and the changes in the mouth, nose, hemispheres, etc.,

result from arrest of development, very early in the life of the embryo. In this case the monstrosity was attributed to reading and dreaming of monsters by the mother during the eighth month of her pregnancy. Mental shocks can only act on the organization in a purely physical manner. Mental changes in the mother excite motion in the fetus, the mechanism being the unconscious and involuntary movements of the uterine walls. Profound mental shock can so alter nutrition that the mother furnishes poisonous products, which may tend to check development.

We do not care to make any further comment. Those who see in the statements of the upholders of this theory enough to win their belief, will grant it; while those to whom the whole of the argument adduced has too flimsy a basis to induce conviction, will accord to the theory that degree of probability it seems to merit. The study of teratology has shown many of the alleged cases to be simply instances of arrested development, of whose causes we are no less ignorant, however. It is significant, nevertheless, that no instance has yet been recorded where a deformity has been predicted previous to birth and verified. Not that that would be conclusive, but it does seem strange that no such case has been elicited in the numerous communications made.

CHAPTER XXV.

DETERMINATION OF SEX.

That there is a law determining the sex of a child is evident, since the relative number of men and women remains practically equal, all over the world. The excess of women in the older centers of population is easily accounted for by the excess of men in newer countries, as men emigrate before women. A certain forerunner of the extinction of a race is the occurrence of an excess of males.

The equality in numbers of the sexes seems to indicate that the law, whatever it may be, is one that works automatically, in all parts of the world alike. Consequently it has been assumed as a working hypothesis that the weaker sex reproduces itself; that is, that the sex of the parent most likely to succumb appears in the offspring. This explains the above facts, and data are not wanting to support the proposition. In Uganda it was the custom of the natives of that kingdom to raid distant tribes, marching several days and nights and attacking at dawn. After the sack of the village the women were distributed to the victorious warriors. The women were fresh from the night's sleep, the warriors weary from the

march and battle. The resultant children were invariably males.

The Arabs sent caravans of slaves from the interior of Africa to the coast, the journey occupying a year or more. The slaves bore heavy burdens of ivory, etc., were mentally depressed by their condition, treated cruelly and fed meagerly. The Arab stalked along bearing only his gun, and this he added to a slave's burden if he chose. Under these circumstances each of the female slaves at the end of the journey bore in her arms a female child.

Numbers of apparent exceptions to this rule may be found, where seemingly robust wives bear daughters to their feebler husbands. But vitality is not synonymous with physical strength; and the elements determining the relative likelihood of survival form an exceedingly complex problem; especially since a large proportion of deaths occur by accident, that is, disease accidentally acquired, where the question of relative vitality does not come in.

The crude theory that assigns girls to the right ovary or testicle and boys to the left, or *vice versa* is sufficiently disproved by observation on men and women from whom one of these organs had been removed. It fails also to account for cases like one that the writer vouches for, where a woman had both ovaries removed and yet after this bore both boys and girls!

Many amusing hypotheses have been put forward, such as the position assumed by the wife in coition, lying to the left inducing one sex, to the right the other, etc.

There are some observations going to show that girls are more likely to be conceived just before menstruation, boys being engendered later in the menstrual period. In support of this it is alleged that orthodox Jews do not cohabit until seven days after the cessation of menstruation, and that there is a surplus of boys in such families. Both propositions lack proof. One physician assured me his wife never conceived until intercourse occurred during menstruation, and this child should assuredly have been a girl, but it was a boy.

Another hypothesis puts the matter on the basis of maternal impression—if the prospective mother sees, handles and thinks of her husband's genitals she will bear a boy, and *vice versa*. Proof is, however, lacking.

Some interesting observations have been made in the study of the origin of sex. Ploss showed that when food is cheap there are more girls born. Throughout Europe the statistics of nearly 60,000,000 births show that for every 100 girls born there are 106.3 boys. Sadler found that if the father was older the proportion of boys was greater, if the mother was older the girls were in excess. Some birds lay two eggs each month, one male and the other female; it has therefore

been claimed that the woman alternates, producing a male ovum one month and a female the next. If she bears a child, by counting the number of menstruations following one can select the month when she will produce a male or a female ovum. The cold north appears to produce more boys, the warm south more girls.

Male bees or drones are developed from eggs laid before the queen has been impregnated, consequently before the male element has been supplied, while females come after the impregnation of the queen. In the water-flea females may be developed from eggs not fructified, if well nourished. The law of cross-heredity, the weaker sex being reproduced, is favored by the excess of male births during wars that carry off the stronger men, the birth of males when the mother first conceives late in life, and in lands where polygamy prevails, and the excess of girls from unmarried mothers.

It has been urged as an objection that at the beginning of his season the ram begets males, but when many ewes are in rut and he is called on very frequently he begets females. But this is based on the premise that the spermatozoa are more powerful when coition is rare, and less so when it is frequent; while recent observers claim that the spermatozoa are far more active when they are frequently discharged. This illustrates

"Horn says: "Schenk's discoveries can never be incorporated into routine obstetrical practice on account of the great number of quantitative urinary analyses involved. Very many individuals, especially women near menstruation (just before or after) excrete sugar normally in such minute quantities that it requires especially delicate tests (phenylhydrazin) to demonstrate its presence.

"Women who do not normally excrete sugar, and especially those whose sugar may be made to disappear from the urine by adhering to a highly albuminous and fatty diet during the periods of ovulation, impregnation and first three months of gestation (up to the time of the differentiation of sex), are practically certain to bear male children. If the sugar cannot be made to disappear by diet the chances are in favor of the birth of female children, yet this is not certain—in fact, there is absolutely no plan by which the sex of female children can be controlled."

That at best the diabetic theory has exceptions is shown by a case occurring in the practice of Dr. Waugh. A girl of 20, unmarried, pregnant for the first time, had sugar in her urine at least during the larger part of her pregnancy, yet she bore a male child. Very extensive observations are necessary to test such theories, and in the end the exceptions generally equal the cases that favor the rule.

Dr. Davis has recently asserted that conception of girls occurs from three days before menstruation to eight days after it, but from the tenth to the fifteenth days boys are engendered; while on the ninth day twins of different sexes may be produced while the child of either sex partakes of the mental and physical characteristics of the other. The observations of stock breeders are said to confirm this theory, and the editor of the *Western Medical Journal* says his very extensive experience favors it.

Davenport claims that the sex is determined at the moment of conception, and favors cross-heredity. Applying the theory in 35 cases, he secured the desired sex in 32. Schenk's theory he considers quite in harmony with that of cross-heredity, as the glycosuric female is the less healthy, and consequently would be expected by cross-heredity to produce girls. Any acceptable theory must explain the surplus of male births in Europe, of females in mulattoes and polygamous animals, and the general equality of the sexes in other animals. The excess of male births after a war has been attributed to male deterioration but may be due to poorer food, since full nutrition induces an excess of females. The conception of females just after menstruation he attributes to female weakness due to the loss of blood. The coincidence of ovulation and men-

struation has, however, been questioned and at least is not proved.

Dr. Frances Mammel has devised a plan which she says she has found highly effective in securing the desired sex. When a boy is desired, the uterus being in the normal position, the vagina is douched with a warm solution of soda, ten grains to the pint, coition taking place only on retiring, three days before the menses are due. Coition should be at once performed, before resting. Before and after the act the wife is to familiarize herself with the husband's genitals and refrain from seeing, handling or thinking of, the female genitals. After coition the couple lie in the same position five minutes, the wife placing her hand over the right ovary, then turning to the right side and lying on it as long as comfortable. During five months of pregnancy neither parent is to touch or think of the female organs. The diet should consist of meat, eggs, fruit and vegetables. If a girl is desired, the uterus being in the normal position, coition should take place in the morning, just after the cessation of the menses, and the manipulation following should be as above but to the left side. Only the female genitals should be seen, handled and thought about, before coition and during the first five months of pregnancy. Other directions are given for anteverted and retroverted uteri.

There is here a combination of the theories of

maternal impression, the production of the sexes from different ovaries, and at different periods of the menstrual epoch. The second and third ideas are mutually destructive, for if the ovum comes male from the right ovary it cannot be converted into a female a few days later. This is, however, a fair sample of the theories, and the practice based thereon, extant among subjective thinkers.

W. G. Tilgman, a Florida stockman, has deduced the following theory from his observations of domestic animals: He noticed that when the stallion came in at evening fatigued with his work, male colts resulted; if the mares were served in the morning when both were fresh, mare colts were produced. A mare left in the stall all day and served at night, then driven six miles, produced a female.

Tests were made as to alternate heats. A cow bearing a heifer, served with the bull at the next heat should, on this theory, bear a bull; but this did not prove correct. The rule as given for horses proved surely applicable to cattle. Exercise following the coition resulted in heifers. If males are desired the female must rest after coition.

This is strictly in accordance with the law of cross-heredity. For it must be recollected that conception is not at all synchronous with coition. A very intelligent mother told me she could always tell when the spermatozoa reached her

uterine cavity (she had no orgasm) by the uterine colic excited, which was some time during the day following the fruitful coition. If the mother becomes fatigued by the day's labors following morning coitus she is evidently the weaker at conception and the resultant girl is to be expected. Besides, the husband is rested by his night's sleep, and vigorous relatively. But if the husband comes home tired from the day's work, while the wife has done her task early in the day and had an afternoon nap or a quiet chat with the neighbors, she is physically in the best shape, and a boy will result from the evening embrace. It seems that the theory of cross-heredity, the reproduction of the weaker sex, that least likely to survive as judged by the conditions present at the moment of conception, gains in probability as facts are collected upon which to base conclusions.

CHAPTER XXVI.

RESTRICTION OF MARRIAGE.

In view of the numerous miseries entailed upon society by the unrestricted marriage of persons unfit to procreate healthy, normal children, there has been much discussion as to the advisability of restricting by legal enactment the right of marriage.

The arguments in favor of such a law are well set forth in a paper by Alice Lee Moque. which is here reproduced :

"To no one in the world does the sentimental side of marriage more strongly appeal than to a woman, married to the man she loves and the proud mother of his children ; but with the altruistic and ethical education of our day, even these women are asking the question : 'Is unrestricted marriage *right*?' Asking if marriage, and the concomitant bringing into being of offspring, cursed by the law—as old as man himself—that we 'do not gather grapes of thorns, or figs of thistles,' can longer be excused from any sentimental idea of personal usefulness, in marrying a consumptive or otherwise physically imperfect mate, when by so doing they as mothers commit a crime against their own children and the race, by perpetuating the evil?

“When we learn to look at wedlock as a practical institution for the perpetuation of the human family, as well as the union of the two for mutual help and happiness, we see that it is the very foundation of not only the happiness of the home, and the cause of present conditions, but as a result it shapes the destiny of mankind for all future time. While it may seem at first glance a noble and heroic sacrifice of self, for a woman to unite with a sickly, impaired, or tainted mate, for love of him, to the eyes of the student of sociology and hygiene it becomes a momentous error, and one which not only threatens the welfare of the offspring, but menaces the very health and safety of the nation.

“What must be the despair of the agonized mother who, looking into her babe’s face, realizes that she herself has deprived it of its heritage—health? Deprived it of all that makes life worth living, by bringing it into being impaired in mind, soul or body, as a result of a shortsighted “womanly devotion,” which prompted marriage without a thought of the immutable wrong to follow; a wrong to the unborn and unbegotten generations, cursed for all time by her own ignorance of the laws of cause and effect? Still a heavier burden rests upon the heart of the woman who, having given herself at the altar to the man she loves, awakes one day to find she has been deceived, and that unconsciously she has cursed

the babe who nestles its little head upon her bosom, by perpetuating in its puny little body 'all the ills which flesh is heir to.'

"It is not true to say that women don't *care*. It is true that women *don't know*, but when they do know, then will come a higher maternal responsibility, which will demand health as a prerequisite of marriage.

"In this connection, all restrictive legislation must be viewed as a step in the right direction, for if individuals are too short-sighted or too selfish to take proper care of the right of the unborn to a clean bill of health (the inalienable right of each child being to be well born, or at least brought into the world unhampered by physical, mental and moral defects), it must be recognized and guarded by the State. When the vast army of degenerates, imperfects, paupers, imbeciles, criminals and weak-minded are considered, who are from birth until death a public burden, as well as a misery to themselves and a danger to the community, it is time to appreciate the unlovely truth, that *maternity is not a personal right if it is a public wrong*. It is neither law nor equity to give any individual the privilege of bringing into the world hapless progeny, for their own life-long misery and for the public to support.

"The original bill, known as 'The Parker Marriage Bill,' was fathered by Captain Charles W. Parker, in the Ohio Legislature at the last ses-

1

sion, and failed to pass because of the newness of the idea, and the lack of appreciation of the fact that legislation is necessary ; but while many smiled at the absurdity of having a physical examination required of those seeking to marry, the same men seeing nothing but common-sense in a medical certificate being required by the Life Insurance Companies, money being of greater importance apparently than the health and happiness of future generations, still the seed was sown broadcast by the press, and we see the result in the recent passage by the Senate of North Dakota of the Creel bill, copied after the original Parker Marriage Bill, requiring a medical certificate to be presented by each applicant for a marriage license.

“While legislators are as yet slow to act, the medical fraternity are already eagerly pursuing the subject from the scientific standpoint, and as noted an authority as Prof. Spinelli, of Turin, has electrified the physicians of his and other lands, by openly advocating the sterilization of all women whose physical condition is such that their lives are endangered by becoming mothers. If the personal health and welfare of the one woman is sufficient to prompt this surgical operation, which we are told is ‘easy and without serious danger,’ how much more should the race be protected, that will be made to suffer by being cursed before birth with contaminated minds,

souls and bodies, from the cradle to the grave? Let women but once understand that restrictive marriage laws will insure the health of the home, and the well-being of their loved ones, and they will with one voice demand it; for no man will deny that in marriage, the almost universal condition is that in which the impaired male perpetuates his own weakness in his children. Fortunately, men do not, as a rule, marry consumptive or habitually ailing women (if they know it), and the diseases—dipsomania, insanity, tuberculosis and others—specified as endangering not only the health of the marital partner but the very life and happiness of their children, are far oftener met with in men than in women. For this reason those who resent the thought of a physical examination for women about to enter matrimony should at least favor the legislation requiring a certificate of health for the male, and as a result much good will follow.

“With the higher ethical education of women, their responsibility as mothers will be recognized, and one day it will be the boast of maternity ‘not that they loved the man less, but their children and the race more.’ ”

The bill referred to read as follows:

A BILL

To regulate the granting of marriage licenses.

Section 1. *Be it enacted by the General Assembly of the State of Ohio.*

That within thirty days after the passage of this act it shall be the duty of the probate judge in each county in this state to appoint three persons, who shall be reputable, practising physicians, residents of such county, and no two of whom shall belong to the same school of medicine, whose duty it shall be to consider and pass upon all applications for license to marry, now made to the probate court, and no license to marry shall be granted to persons contemplating marriage unless they shall have received from the persons, so appointed, a certificate setting forth that such applicants are free from the following ailments, any of which shall be deemed sufficient cause for refusing a license: Dipsomania, true insanity, hereditary insanity, or insanity resulting from vice, primary, secondary or tertiary syphilis, hereditary tuberculosis, or consumption.

Section 2. Said persons shall be appointed for one, two and three years, respectively, and shall hold their office during good behavior, unless sooner removed, as hereinafter provided.

All vacancies shall be filled by the probate judge, and the person thus appointed shall be of the same school of medicine as his predecessor.

Section 3. The power to remove such persons is hereby vested in the "state board of medical registration and examination," and shall be exercised, after careful investigation, in cases of inefficiency or neglect of duty, or when complaint

made in writing against such persons by any one who feels aggrieved by their action, is sustained by a majority vote of said board.

Section 4. Each applicant for a license to marry shall pay an examination fee of \$2.50. Out of the moneys received therefrom each person so appointed shall be paid, as compensation for his services, the sum of \$1,000 per annum, and the surplus, if any, shall be paid into the treasury of the county, to the credit of the general fund. The persons so appointed shall meet at least once in each week, and, in addition thereto, as many times as may be necessary, at the county seat, and such meetings shall be held in a suitable place, to be provided by the county commissioners. It is hereby made the duty of the clerk of courts in each county to designate one of his deputies, who shall act as clerk to the persons so appointed, without extra compensation.

Section 5. All acts, or parts of acts, inconsistent herewith, are hereby repealed, and this act shall take effect from and after its passage.

Granting the benefits to the human race, present and prospective, that might reasonably be expected to accrue from the passage of such a law, I believe that its practical enforcement would meet with insuperable difficulties. Any law that interferes with personal liberty is difficult of enforcement. There is not the same difficulty in case of the laws regulating the use of liquor,

and the benefit of strict prohibition would be beyond calculation, but it has been found impossible. And yet men need not drink alcohol, they would not suffer if it were blotted forever out of existence. But no man would consent to the total prohibition of his enjoyment of a home, a family, the society of a wife, and the gratification of his sexual desires. Render legal marriage impossible and illegal unions would multiply. And what jury would condemn a man in such a case!

The castration of criminals, to prevent their perpetuation of the criminal class, is another matter, for here the perpetrator brings on himself the punishment of violated law. Such a penalty would be salutary to the state and far more deterrent of crime than many of those now in vogue. The studies of criminologists have shown that crime is hereditary in many cases, and that the state has had to pay enormously for the descendants of criminals. It comes therefore within the scope of a government to regulate such offenders in a way to protect society from future generations of law-breakers. But who shall say to the citizen who has done no wrong, infringed no law, "You are forbidden a wife, a home, children!"

If one knowingly takes a partner known to be diseased, it is his or her own business. If, however, the illness is concealed, and only made known after marriage, this deceit should be a just and legal ground for divorce, if desired.

CHAPTER XXVII.

SEXUALITY MUST NOT DOMINATE.

The questions relating to sexuality assume very different aspects according to the age of the questioner. In youth they appear vastly important; as years creep by they become of minor interest, so that by the time a man has passed sixty he is apt to look on them as of no importance at all, and best relegated to the limbo of other childish sillinesses. It seems an incredible thing to the man of twenty that any consideration could weigh for a moment with that of securing the woman to whom he is attracted, the thought of whom sends the hot young blood lustily pulsing through his brain. At fifty this same man is apt to prefer a good dinner, a quiet hour by his fireside with the evening paper, or a jolly hour with a few cronies over the card-table.

To every man sexuality possesses the degree of importance he gives it. It is something that grows on one if he lets his thoughts dwell on it. Like all pleasures of the senses it is to be indulged decently, and kept in strict subordination. Let me take the following brief conversation for a text: A certain physician was known to have given unusual consideration to sex questions. A stranger meeting him remarked to a friend of

both: "That man's face shows he is dominated by sexuality. It has absorbed him." The other replied: "He has killed two wives by sexual excess."

The man had become interested in sex matters; he had been led to investigate them, going on as curiosity was aroused, from normal to abnormal manifestations, until there was little he could be taught of either. He became absorbed in the subject, could talk of nothing else. Every new method of developing the sexual passion he heard of, he must try. What a man thinks, his face shows; and sensuality, gross, bestial sensuality, marked that man's face. In the asylum which sheltered his later days his case was described as paresis; which in former times was known to physicians as general paralysis of the insane, to the laity as softening of the brain.

Can a man touch pitch and not be defiled? Can a man who can neither think nor talk of anything but sex be good for anything but a pimp?

What of the women? This book tells of how normal sexual relations may be established for women not previously capable of it. But what then? Is it well for women who have not been endowed by nature with this faculty to have it developed? That depends wholly on the use they make of it. There can be no question that many impotent women are greatly benefited in health and happiness by being made potent.

But beware! Woman is a delicate commodity. It is the old story of the iron and the earthen pots floating in the stream. Contact would not hurt the iron pot but would be destructive to the earthen one.

Many men seem to be comparatively unhurt by very frequent sexual intercourse, save by the concentration of the energies on that matter, which is deplorable in that it subtracts as much from more laudable pursuits. I have never known of a woman who could with impunity do this. The depravation of character that is undesirable in a man is disastrous to a woman. Messalina's health may have been good, but the world wants no Messalinas. Few women can endure the drain of the sexual orgasm once a week. Very many can bear it only once a month without injury. I have notes of one case in which sexual intercourse twice a week was followed by that sadness, or melancholy, on the part of the wife that is a certain indication that the indulgence is excessive.

Make no mistake—the existence of sexual appetite is no indication that its indulgence will be harmless. Nothing is farther from the truth. In women the state known as erethism is easily produced, that state of irritable weakness in which every indulgence increases the desire and lessens the capacity, concentrating every energy of body and mind on this one function. Many a wife has

her vitality sapped by indulgence that seems moderation, and is so, to the husband.

Keep clean in your family relations—clean in body, in thought and in word. The man who amuses his wife by relating to her the smut he hears in men's haunts, is defiling what should be to him the holy of holies, his wife's soul.

Be careful of arousing the sexual appetite, except at times when you believe it can be indulged in healthily by both. Note carefully the effect on the wife's health and disposition, and on her thought and speech as well. There is all the difference in the world between affording a proper outlet for a normal function, and developing it beyond the healthy normal degree that Nature has fixed. No one man or woman can be taken as a norm for another. Each is a law to him or herself.

Keep the body healthy by exercise in due proportion to the strength, by food suitable to the needs of the work, by frequent baths. Keep the mind healthy by a due amount of amusement and by intellectual cultivation. Let each day contain its full measure of pleasure, for you know not if there be to you a to-morrow. A joyless day can never be made up. If you find sexuality is increasing beyond its rights, you are eating too rich food, letting your bowels become clogged, taking too little exercise, giving sexuality more

of your thoughts than it should be accorded. And this applies as well to one sex as to the other.

I have just heard of a man, 65 years old, of strong religious convictions and given to much reading of the Bible. Finding that sexuality was increasing with him to such an extent that he feared lest it should overcome his control and lead him to the commission of crime, he castrated himself.

Was he wrong?

All the observations of my life have led me to the conviction that an increase of the sexual appetite at an age when it should be quiescent, points to degenerative disease of the brain. Is this the cause of the inordinate sexuality? Then the operation will at least check the decline of vitality. But if the sexual indulgence be the original cause of the brain-disease, the operation is a direct method of cure, and will probably result in sparing the man for years of usefulness, and the enjoyment of pleasures more suitable to his age. Such cases are too rare for us to give any but *a priori* reasoning.

Never let sexuality dominate you. Keep it in its place, and if you find it occupying too much of your thoughts, or influencing your life unduly, go on low diet and hard physical work, with a course of reading totally devoid of sexual suggestiveness; and keep away from companions of either sex who excite sexual impulses in you.

Shun all such works as Suetonius and Kraft-Ebing, that deal of abnormal sexuality. It is impossible for any one to read these books without being debased, smutted, blackened, by knowing of the depths of foulness into which men can descend, of the crimes that make murder and adultery seem praiseworthy. All books on sexual subjects, such as this one I am writing, should be looked upon as repositories of secrets, to be brought to light only when necessity justifies, never to satisfy curiosity. I would be sorry indeed if any one found herein material to excite lust or satisfy unnatural curiosity. Even to the shrine of Venus one should approach to sacrifice only with pure heart and clean hands.

Man's nature is a composite of three elements, blended in varying proportions, the animal, the intellectual and the divine. Whichever of these is favored grows at the expense of the others. If the man indulges in the animal pleasures his tendency in this way increases; and as the glutton grows obese his little pig-eyes sink into his fat red face, as the drinker of alcohol subsides into the besotted drunkard, as the libertine becomes more and more absorbed in sexual gratification, the capacity and taste for intellectual and altruistic work and pleasures diminishes and finally dies.

As the intellect is cultivated we have our money kings, our rulers of men, whose disregard

of the claims of humanity degenerates into tyranny, and whose neglected bodies fail them in mid-life.

When the divine, the spiritual, the altruistic, predominates, the body is likewise neglected, the voice of earthly ambition is stilled. We have Buddha seeking to lead men to the consideration of an alleged higher world; Xavier renouncing the pleasures and triumphs of Spain's glittering pageantry to lead the heathen to the knowledge of Catholicism; we have the Wilberforces, the Girards, the Peabodys, the Murphys, the Moodys, the men who seek to alleviate the miseries of humanity, and lead men up to the pure light streaming from the throne of God.

But the inexorable law of compensation requires that, in every thought and act of our lives, one or the other of these three is favored at the expense of the others; and this as surely as the arm of the blacksmith grows from the afflux of blood to its muscles, caused by each stroke of the hammer on the iron.

The perfect man is not the fanatic, the extremist, but he who comprehends and applies this view, and so develops himself that each element of his composite nature receives an equable and just development, a fair and not excessive exercise.

CHAPTER XXVIII.

ZOLA'S LAST NOVEL.

"FECONDITE."

Translated from a review by Dr. A. Foges, in the *Wiener Medizinische Presse* No. 8, 1900.

The excess of births over deaths was in France in 1898, 33,860; in Prussia in 1897, 510,992; in Austria in 1896, 290,915; in England in 1897, 452,269; in Japan in 1898, 458,288. Aside from this the number of births too is decreasing in France; as the report of the minister of commerce shows that in 1898 there were 15,174 less births in France than in 1897.

To probe a thing to the bottom was always Zola's manner, and so he sought first to find the causes of the paucity of population-increase in France, and especially in Paris, before he rang out to the people the voice of warning, which sounds in places with Biblical solemn grandeur. For this purpose he must have turned to the physicians, those "natural confidants of the secret dramas which result from those interceptions." The elaboration of the information obtained has a claim upon our special attention.

Mathieu, the hero of the novel, is the practical champion of fruitfulness; and his friend Dr. Bou-

tan, an older, well-qualified, kindly disposed physician—Zola calls him “the physician with the sanctified healing hands”—is the theoretical opponent of Malthusianism. Boutan sees above all “in the interception the first and great cause, the one which poisons life at its very wellspring.” “Every function which is not completed in its normal way becomes the cause of disturbances.”

“Thus we get to our costly modern nervosity, and we will soon arrive to our physical and moral bankruptcy.” So speaks this physician about “the general well-considered, persistent, lauded interception.” How destructive this interception is, is seen in Constance, the wife of a fast man, whose premature climacteric under physical and mental sufferings is traced back to that the wretchedly-become woman, who after the loss of her only child longs to have another one, seeks help at first from physicians, then falls into the hands of the charlatans, and lastly is treated with electricity by the mid-wife, who has the reputation of causing sterility.

While interceptions are practised in the higher classes mainly, abortions are resorted to in the broader strata of the population, as a means of diminishing the number of children.

The matter-of-course air with which the practice is carried on, Zola illustrates with some very rough examples. He draws an exact picture

of how the midwives especially carry on this business with refinement and in grand style. Madame Rouche, for instance, has a clinic with thirty beds, which are almost constantly occupied; her specialty is stillbirths."

Once a woman who entrusted herself to the madame's care bled to death, in consequence of an instrumental interference—a physician the husband was afraid to call, lest he should appear *particeps criminis*. The husband reproving her, she replied: "What I have done all midwives do, and the same thing all physicians do."

In the "most respectable institution of the neighborhood," in the house of Madame Bourdieu, in which women are secretly delivered, Zola sees "the most necessary safety-valve, the tolerated arrangement by which infanticide and abortion should be combated." To establish this safety-valve should be the duty of the State above all—refuge places for pregnant women, concealed maternities, asylums for convalescents.

But what becomes of the many children that are born in secret? In the vicinity of Paris, in the provinces, there are entire neighborhoods where the business of angel-making is carried on; but the State does not see how much of its power is thus systematically destroyed.

The children of the rich must have wet-nurses; the wives will not and can not do it; the wet-

nurses are mostly of bad quality; tuberculosis and alcoholism is prevalent among them. Dr. Boutan thinks that their certificates of attestation should have a page in which the health circumstances of the family should be related.

Zola pursues with relentless vigor all the agencies which destroy human fertility, so that he gets into exstatic revolt when he comes to speak of the modern agency, which science has produced, castration.

Professor Gaude, "that sovereign castrator," is no doubt altogether a fantasy picture, a type originated in the generalizing thinking of the novelist.

Gaude is a fine-looking, healthy, kindly-natured man. He operates on women daily in his clinic, whose audience room is open to elegantly dressed ladies, without any further ado. "The women that are operated upon are sick; are they not?" asked Mathieu, and a literary fellow answers to this: "At least he says they are."

When a layman reads this, his feelings must revolt fearfully against physicians generally, and gynecologists particularly; but when he hears from Zola that from 2,000 to 3,000 castrations on women are made yearly in France, and that in that country there are now about half a million of mutilated women, not anger but unbelief will arise in him, as it did lately in *Figaro*.

The number of spayed women is no doubt considerable. Zola in the studies he made found out how far gynecologic technique has advanced. In laparotomies in Paris special attention is paid to cosmetic circumstances. The adominal wound is at most from $2\frac{1}{2}$ to 3 centimeters, equals 3-5 to 1 1-5 inches and as near the symphysis as possible; so that part of the cicatrix will be covered with the hair of the mons. Zola saw in the statistics how often removal of the ovaries and adnexa generally was undertaken on account of sickness, and he found that yet normal ovaries are sacrificed for the sake of nervous disturbances. But that a physician should accept the mere desire of a woman for childlessness as an indication for castration is incredible; and to represent such an indication as a general one, certainly transcends the limits of poetic license.

But we can readily believe with Zola, that certain women seduced by the brilliant operative results obtained would easily determine to submit themselves to castration. An instance of this kind I knew in the frivolous thoughts and expression of a Parisian woman, who came to Vienna to be operated upon gynecologically; and who said to the operator: "Please take the entire omelette out of me."

I repeat, I regard Gaude as a mere construed type. A cruelly satirical thought of the novel-

ist is the one that makes this deified professor to be found himself mutilated one day.

Very interesting are the descriptions of the results of those interceptions, the "premature senility," as it is demonstrated in that poor Euphrosyne, who figures in the statistics as a "success," and in that love-hungry Seraphine. The state after castration is perhaps not so bad, not so lamentable, as Zola describes it, but certainly far worse than is believed at the present time by some operators.

It would transcend the limits of this review were I to cite all those points which are of special interest to us physicians in this book, which I would call the song of songs of motherhood. Equally impossible is it to enter upon the problem of how Zola proposes to solve the question of suppressed fertility. This is a social and not a scientific problem. My aim is only to induce my professional brethren to read this brilliantly-written book, which will be a delight to them. Then too they may correct some false notions which have been by it evoked in the heads of the public, and they may also aid this novelist in his noble effort for the happiness of humanity.

Query: Is there any lesson in the above for us in this country?